

# A self-care guide for dressing changes

Your nurse has chosen Mepilex® Border Sacrum dressing for your wound

## How to apply the Mepilex® Border Sacrum dressing:

1. Wash your hands with soap and warm water for 20 seconds.
2. Clean the wound as advised by your nurse and dry the surrounding skin thoroughly.
3. Remove the centre release liner by gently pulling on pink-lined edge.



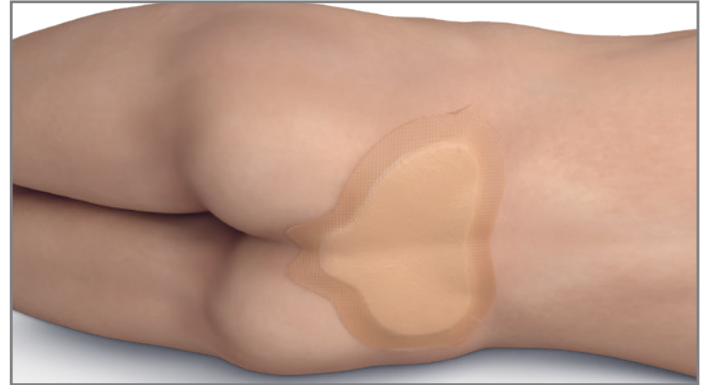
4. Fold the dressing with the adhesive on the outside. Gently spread buttocks and apply dressing so that the tail covers the coccyx.



5. Remove side release liners one at a time and smooth dressing on to the skin.



6. Final dressing position.



## When to change your dressing:

Your nurse's advice is to change the dressing when:

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For further help and guidance please contact your nurse:

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### Things to keep in mind:

- ✓ Mepilex Border Sacrum dressing is for single-use only and should not be re-used.

If you have access to the internet, you can watch the video on how to apply your dressing, using this link (or use your phone to scan the code):



[www.molnlycke.com/Mepilex-border-sacrum-application](http://www.molnlycke.com/Mepilex-border-sacrum-application)

Mepilex Border Sacrum dressing should be handled and applied by health care professionals, however, if a health care professional is not available, a family member or yourself may need to do the dressing change. The manufacturer does not take any responsibility or liability connected to the application of the dressing by such persons. Accordingly, if Mepilex Border Sacrum is applied by a person that is not a health care professional, that is strictly at the user's own risk.

Find out more at [www.molnlycke.com](http://www.molnlycke.com)

Mölnlycke Health Care AB, P.O. Box 13080, Gamlestadsvägen 3 C, SE-402 52 Göteborg, Sweden. Phone + 46 31 722 30 00.  
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