

Dressing Changes and Infection Control

What to dress your wound with?

Change dressing every: _____ days

Clean wound with: _____

Then dress wound with: _____

Recommended footwear to wear: _____

Other information:

If the wound leaks through the current dressings before the recommended time to change it, re-dress the wound with the new dressings that have been provided.

You can get someone to do your dressings for you if you don't feel comfortable or can't do it yourself. Talk to your podiatrist about the options available to you.

Tips to prevent infections:

- Wash hands with warm soapy water before and after changing dressings
- Clean the wound with sterile water
- Keep dry in the shower using a plastic bag or a glove
- Use sterile scissors to cut dressings. Scissors should be sterilised using an alcohol wipe or boiling water
- Keep dressings in a zip lock bag at room temperature.

When should I call my doctor or Podiatrist?

- If there is more heat or the wound is redder than usual
- Increased fluid or drainage from the wound
- An unpleasant smell
- Unbearable pain
- If you are having nausea, headaches or a temperature along with the symptoms listed above please attend the Emergency Department.

**This is general advice to help prevent infection.
Please follow all advice given by your podiatrist or GP.**