

Where to get dressings from

Initial dressing supplies will be given by the Nursing staff. You are responsible for asking the Community Nursing Service for more dressings as they begin to run out. Some items may need a prescription, please speak to your Nurse about this.

If you have any concerns about your wound or dressings, contact your GP surgery or District Nurse.

GP Surgery:

District Nurse:

Getting in touch with CityCare

You can feed back any compliments, concerns, complaints or comments by:

T: 0115 883 9654

E: ncp.customercare@nhs.net

W: www.nottinghamcitycare.nhs.uk

If you would like this information in another language or format such as larger print, please contact: **0800 561 2121**

www.nottinghamcitycare.nhs.uk

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Managing dressings

Information for patients and carers who change wound dressings



Who is CityCare?

We are your local provider of high quality community health services.

We provide quality care you can trust.

We deliver a range of nursing and healthcare services – from health visiting and education for young families, to community nursing and home-based rehabilitation services for older people, to NHS Urgent Treatment Centres and specialist diabetes and educational nutrition and dietetics sessions.

We have a long heritage of delivering high quality care for you and your family at home, or close to home, in community settings such as health centres, schools and GP surgeries.

As a social enterprise we work in partnership with patients, staff, partners and the local community to build a healthier more sustainable future for all.

If you or the person who cares for you changes your dressings

Your Nurse will teach you how to do it properly. They will make sure you are confident about changing the dressing safely and preventing infections.

All of this information will be written below or in a personalised care plan if it is more complex and agreed with yourself.

Equipment you may need

Your Community Nurse will give you the equipment that you need, which will include:

- Non-sterile gloves
- Dressing packs
- Dressings
- Saline to clean the wound

Your plan will detail how often you need to change the dressing, how often the community nurses will review your wound and what dressings are being recommended.

Avoiding infections

Clean the table or work surface you are going to put the dressings on with sanitising wipes or a solution of warm water and detergent (washing up liquid).

Clean your hands with soap and water, and dry them properly. If your hands look clean, you can also use alcohol hand rub.

How to change the dressing

- Open the dressing pack on the clean work surface and spread out the paper wrapping covering the tray, then, using the sterile bag in the pack like a glove, lay out the pack contents.
- Open the dressings and lay them out onto the sterile paper.
- Apply non-sterile gloves (the gloves not provided in the pack) and remove all your used dressings and dispose of them in the bin (see disposal section next for more information).
- Remove gloves and wash hands or use alcohol gel on hands.
- Put on sterile gloves from the dressing pack.
- Clean the wound with the sterile saline solution by removing the top from the saline pod and squeezing it over the wound to wash it. Use a fresh gauze swab to dry the surrounding skin.
- Apply the dressing to the wound. Try to touch the dressing as little as possible, especially the side that will go directly onto the wound.

Disposal of used dressings and equipment

- Dispose of all swabs, gloves and equipment in the bin.
- If the wound isn't infected the dressing can be wrapped in a bin liner and placed in the household waste.
- If the wound is infected then your Nurse will assess to see if a hazardous waste collection needs to be set up through Nottingham City Council.

Now clean your hands with soap and water, and dry them properly. If your hands look clean, you can also use alcohol hand rub. You should also clean the area you used to put the dressing pack on with sanitising wipes or solution of warm water and detergent.

Monitoring the wound

The nurses that are caring for you will arrange a review of the wound to check the type of dressing is still appropriate. They will advise you to look for any early signs of infection such as:

- Redness
- The area becoming hot to touch
- Increased pain
- Increased pus / leakage from the dressing.
- Change in smell

If you notice any of these signs of infection you must contact your Nursing Service immediately.