

Parent Information Leaflet for Parents and Patients

DRESSING CHANGE AT HOME



- Your child has received regular dressing changes in the plastics dressings' clinic to treat their wound. These dressings help protect and heal the wound.
- Your child is now suitable to have their dressing changed at home.
- We will give you some supplies to change your child's dressing at home but you may also need to provide some of the equipment below yourself.
- Please leave the bandage in place for the desired amount of time between the dressing changes.
- This will prevent infection and help the wound heal faster.
- The dressing we are using on your child's wound is _____.
- You will need to change this dressing every ____ days.

Supplies Needed

- Clean Tray/ Table top
- Clean Basin or bath
- Mild liquid soap non-perfumed (Elave, or Dove)
- Scissors
- Non-sterile gauze squares or clean washcloths
- Sterile Dressing (inner dressing) _____
- Tongue depressors or clean table knife (if using ointment)
- Sterile burns gauze or outer dressing
- Sterile gauze roll (Mollelast)
- Medical tape (Elastoplast)
- Tubigrip or Tubifast
- Paper or plastic bag



Preparation

Preparing your child

- Give pain medicine 30-45 minutes before starting. e.g: Paracetamol (Calpol), Ibuprofen (Neurofen).
- It is important that you read the label to know the correct dose for your child.
- Use simple words your child will understand to explain to them the steps you will do to change their dressing.
- Help your child to choose a toy to play with for distraction during the dressing change.
- You may need a second person to help distract or hold your child.

Setting up the equipment / supplies

- Wash your hand (picture1)
- Clean the area you plan to put your supplies on. e.g: tray / table
- Fill a clean basin or bath with warm tap water and put in some liquid soap.
- Open the dressings you need onto the clean tray/table top, laying the dressing on the inside of its outer covering. (Picture)
- Cut strips of medical tape and place on side of table /tray ready for use.
- Put a bag close by to dispose of all dirty dressings and used supplies in.

How to Change the Dressing

- Remove the outer layers of the old dressing.
- Gently remove the inner dressing
- If it is stuck to the wound, you may need to loosen it first with water by dripping some warm water from your basin onto the bandage and let sit for a few minutes. Alternatively, you may need to immerse the wound with the dressing on in the bowl or have your child take a bath. This should help you take the dressing off easily. Look at the old dressing for signs of infection. Has the drainage changed colour or does it have a foul smell? (See advice below)
- Wash your hands again.
- Wash the wound with mild soap and water. You may use a clean washcloth or gauze squares. Remove all oozing and crusting by gently wiping the area in circular motions. Some bleeding may occur. This is normal.
- Rinse the wound with water.
- Dry the area by patting with a clean washcloth or gauze squares
- Take Photo to document progress.
- Look closely at the wound to check for healing.
- Cover the wound with the dressing supplied. When putting it on the skin touch only the edges.
- Next, cover the area with dry sterile gauze or secondary dressing. Never put dry gauze directly on raw areas.
- Secure the dressings by wrapping a sterile gauze roll over them. Make sure to start wrapping limbs from the place farthest away from the body. Use the medical tape to secure the wrap. Do not wrap the dressings too tightly as this can reduce blood flow to the area.

Ointment Dressings

You may need to apply ointment to your child's wound. There are two different methods of doing this. Apply directly to the wound or apply onto the sterile dressing Follow steps 1 through 8 above. After step 8, follow the method the nurse taught you to use. Continue with steps 9 and 10 above.

After the Dressing Change

- Dispose of used supplies and the bag with dirty gauze safely.
- Wash your hands
- Clean the used basin, bathtub, or shower
- Put unused supplies away in a safe, dry, clean press.
- Wash used washcloth in a high temperature wash before using again
- Compliment your child for being so brave and reward.



When to Contact the Plastics Surgery Clinic

Call the clinic or contact the plastic surgery team if you notice one or more of the following signs as you may need to bring your child back for review in the Plastics dressing clinic.

- Changes in the colour, amount, or odour of the drainage
- Swelling or redness around the wound.
- Increased pain at the site
- Your child is off food and drink
- Not passing urine
- Diarrhoea or vomiting
- A lot of bleeding when the dressing is changed
- Changes in how a leg or arm looks - cool or hot to touch, swelling, or colour change

Your child could become unwell very quickly so seek prompt advice if you are concerned at all from your local services who will contact the Plastics Surgery Team in CHI at Crumlin

Phone: 01 409 6496 and ask to speak with the Clinical Nurse Specialist or leave a message for them to call you back or Contact the Plastic Surgery Department on 01 409 6050

REMEMBER: Ask your nurse if you are unsure about anything about your child’s care.
Additional instructions



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