

How to care for your wound

Exufiber®

Facility _____

Contact person _____

Phone _____

Next appointment _____

Healthcare professionals notes

How to prepare and clean prior to removing/changing the dressing

How to take pictures and measure the wound

How to dispose of the dressing

What to look out for while the wound heals

Exufiber®



Your wound has been dressed with a dressing with Hydrolock® Technology and this dressing can be left intact for seven days.

Caution: If you see changes in the wound and/or surrounding skin, such as redness, pain, heat, swelling or odour, please contact your healthcare professional.

When should you change the dressing?

- Change as advised by your healthcare professional.
- This dressing can be left intact for up to **seven days** depending on the wound condition and the surrounding skin¹ or as advised by your healthcare professional.
- Dressing should be changed if exudate leaks from the cover dressing; when the absorbent pad of the cover dressing is 75% full; and at any sign of infection.

Shower? Yes (if the cover dressing is showerproof)

Bath? No

Prior to showering, ensure the cover dressing is showerproof and in good contact with the skin.

Where can you buy these dressings?

Independence Australia | CH2 Clifford Hallam Healthcare

This is a single-use dressing.

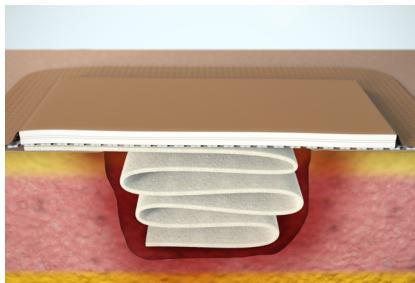
How to apply and remove your dressing?



- 1. Removal of an existing dressing** - gently remove both cover dressing and Exufiber until completely removed from the skin.
Consult your healthcare professional about the wound cleaning procedure.



- 2.** After skin is prepared and dried thoroughly, apply a dry Exufiber dressing to the wound. The dressing should be able to cover the entire wound. It should overlap the dry surrounding skin by at least 1-2 cm for the smaller sizes and 5 cm for larger sizes. The dressing will shrink as it absorbs wound fluid and starts gelling.
- 3.** Loosely pack ribbon or sheet into the wound to allow room for swelling of the dressing.



- 4.** Secure with a cover dressing, such as Mepilex® Border Flex or one provided to you. Please ensure to consult your healthcare professional on instructions for use of the cover dressing.
- NOTE:** If more than one dressing is needed, consult your healthcare professional for detailed instructions.

For Instructions for Use, please refer to your Healthcare Professional/Provider

This is a single-use dressing.

Special notes:

You can find more resources about wound management here^{*}
<http://www.woundaware.com.au/wound-information/>



This code can be scanned by any QR Code Scanner app or your iPhone camera.

Disclaimer: Exufiber dressing should be handled and applied by healthcare professionals, however, if a healthcare 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 Exufiber is applied by a person that is not a healthcare professional, that is strictly at the user's own risk.

Reference: 1. Exufiber Instructions for Use.

* Resources are supported by Wounds Australia