

A self-care guide for dressing changes

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

How to apply the Mepilex® Border Flex 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. Ensure wound pad overlaps the dry skin surrounding your wound by at least 1-2cm.

4. Hold the larger section of the release liner and partially peel back.



5. Position the adherent part of the dressing over the wound and apply.



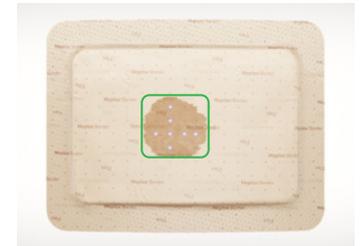
6. Continue to remove the larger section of the release liner and smooth down the borders.



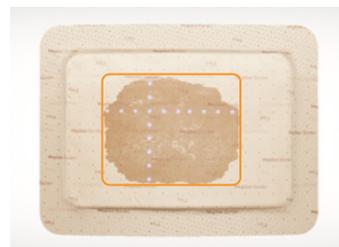
7. Remove the second release liner and smooth down all the borders.



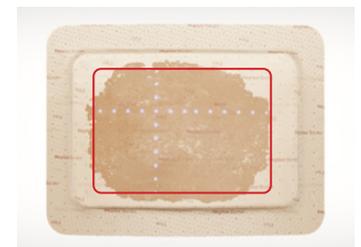
Your dressing has a dot pattern to help monitor how much fluid it has absorbed.



E.g. 4x4cm. Fluid will begin to appear on the back of the dressing.



E.g. 8x10cm. Fluid will spread across the surface of the dressing as it is trapped away from your wound.



Consider dressing change when exudate is approaching the edges of the dressing.

When to change your dressing:

Your nurse's advice is to change the dressing:

Things to keep in mind:

- ✓ Discolouration on the back of your dressing is completely normal
- ✓ Your dressing can be left on for up to 7 days depending on the condition of the wound and surrounding skin
- ✓ Your dressing can be worn in the shower
- ✓ Mepilex Border Flex dressing is for single-use only and should not be re-used.

For further help and guidance please contact your nurse:

Mepilex Border Flex 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 Flex 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

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