Changing your Foam Lite™ ConvaTec dressing at home

This guide will illustrate how to safely apply Foam Lite™ ConvaTec dressing to your wound

Why do I need to change my dressing?

A dressing is designed to cover and protect an area to keep a wound clean. The dressing acts as a barrier to reduce the amount of bacteria able to get into the wound that could lead to an infection.

When do I need to change my dressing?

Your dressing should be changed as per your healthcare professional's advice or if it starts to leak.

It is important that there is a dressing on the wound at all times to reduce the risk of infection

What is Foam Lite™ ConvaTec dressing?

Foam Lite™ ConvaTec is a wound contact layer dressing (in direct contact with the wound). The dressing will absorb wound leakage as well as keep your wound clean and support the healing process.

ConvaTec

Before changing your dressing

1. Hand hygiene

Wash hands with soap and water and dry thoroughly with a clean towel

2. Gather all needed equipment as required

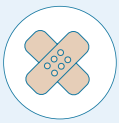
Clean disposable gloves

Mirror to view wound, if necessary

Adhesive remover, if necessary

Disposable plastic bag for used dressings

Wound cleanser or clean tap water



Dressing

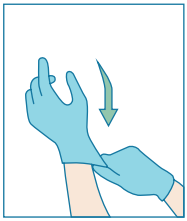
Moisturisers, if necessary

Tape and clean scissors

3. Removal and disposal of previous dressing

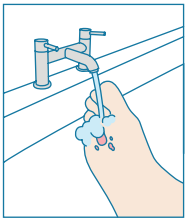
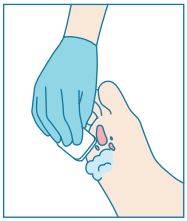
With clean, gloved hands remove dressing and dispose in a plastic bag

Application



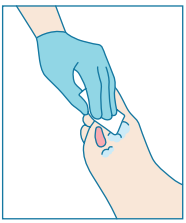
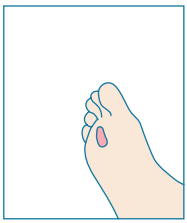
1 Wash hands

Wash hands with soap and water and dry thoroughly with a clean towel. Then apply clean gloves.

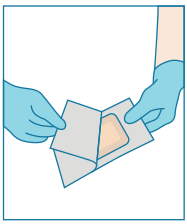
2 Cleanse wound

Cleanse your wound with clean water or specific wound cleansing product if advised by your healthcare professional.

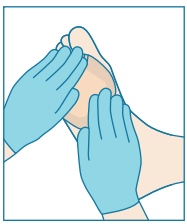
3 Dry the skin

Ensure the skin around the wound edge is clean and dry.



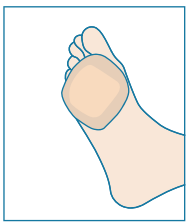
4 Open dressing

Repeat step 1. Carefully open packaging then, pull back clear plastic covers to the edge of dressing. Avoid touching the contact side of dressing.



5 Apply dressing

Line up directly over the centre of the wound, ensuring it overlaps the wound edges by 1cm. Hold with one hand, with free hand remove 1st clear plastic cover simultaneously smoothing down edges.



6 Secure dressing

Hold again and with opposite hand remove 2nd clear plastic cover and smooth down the edges.

For additional guidance please refer to the instructions for use leaflet in the box.
To be used following the advice of a healthcare professional.

If you have any of the following signs or symptoms, contact your healthcare professional

- New or increasing size of wound
- New or spreading redness or swelling of the skin around the wound edge
- New or increasing pain
- New or increase of smell after cleansing of wound
- More wound leakage than usual

Precautions/Warnings

- Each dressing should not be left in place for more than 7 days
- Do not use if individual dressing package is open or damaged
- Store at room temperature and in a dry place

Please refer to the below code table to ensure you receive the correct dressing

Dressing Size	Pack Size	Product Code	PIP Code	NHS Code
5cm x 5cm	10	421927	407-2096	ELA1073
8cm x 8cm	10	421557	403-6166	ELA853
10cm x 10cm	10	421559	403-5952	ELA850
10cm x 20cm	10	421928	407-2104	ELA1074
15cm x 15cm	10	421561	403-5960	ELA851
5.5cm x 12cm	10	421563	403-5978	ELA852

For additional guidance on indications and precautions please refer to the instructions for use leaflet in the box.

Here to help

This brochure has been designed to help you understand how to apply and remove your dressing safely and correctly. Should you need additional advice, our ConvaTec Wound Helpline is open Monday to Friday 9am-5pm. Our clinical team is happy to help.

If you have any questions about your Foam Lite™ ConvaTec dressing please call:

0800 289 738 (UK) or 1800 946 938 (ROI)

www.convatec.com

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