

A self-care guide for dressing changes

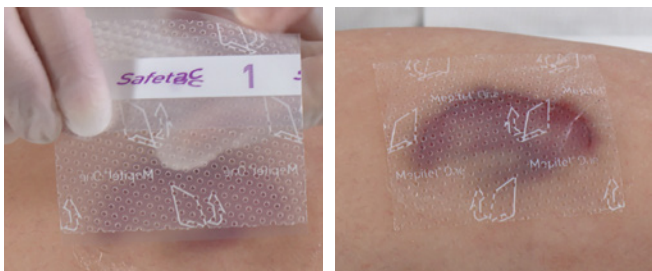
Your nurse has chosen Mepitel® One dressing for your wound

How to apply the Mepitel® One 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. Take the dressing out of the packaging.
4. Remove the release liner marked '1'.



5. Apply Mepitel One with the adherent side to the wound. Make sure you apply Mepitel One following the direction of the skin tear flap, starting from the bottom.



6. Remove the release liner(s) marked '2' and smooth in place onto the surrounding skin of your wound to get a good seal.

Things to keep in mind:

- ✓ Make sure to follow the removal direction as indicated on the dressing.
- ✓ Mepitel One dressing is for single-use only and should not be re-used.

7. Cover Mepitel One dressing with the outer dressing advised by your nurse.



8. Keep the dressing in place as advised by your nurse.



When to change your dressing:

Your nurse will advise you when to change the Mepitel One dressing:

For further help and guidance please contact your nurse:

If you have access to the internet, you can watch the video on how to apply your dressing, using this link (or use your phone to scan the code):

www.molnlycke.com/Mepitel-One-application-skin-tears



Mepitel One 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 Mepitel One 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.co.uk

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