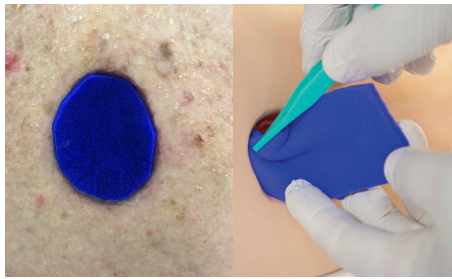


Step 1. Hydrate



- Hydrate with sterile saline or sterile water
- **SQUEEZE OUT** excess fluid.
- Heavy Drainage dressing: soak for 5-10 minutes.

Step 2. Apply



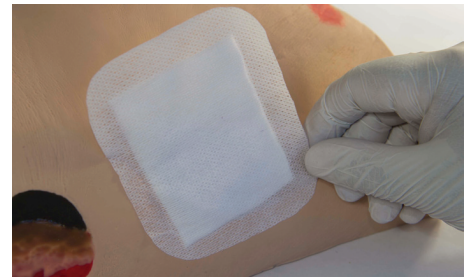
Flat Wound:

- Dressing should be cut to fit wound bed. Up to 2mm overlap is acceptable to avoid maceration or the foam drying out.
- If rolled edges are present, the dressing should cover both the wound and around 2mm of periwound area.

Wound with depth:

- Loosely fill the cavity, undermining sinus tract or tunnel with the dressing.

Step 3. Cover



- Secondary dressing selection is based on exudate level. (see chart below)

Step 4. Dressing Changes



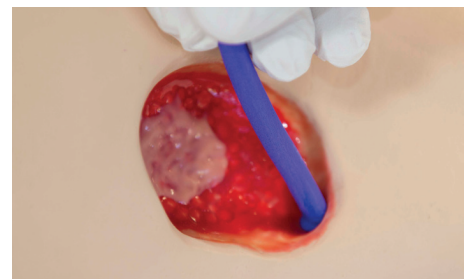
- Change the dressing every 3 days and as required:
- If the dressing retained its blue colour where it had been in contact with the wound, the new dressing can be left in place for up to 3 days.
- If the dressing turned white or lightened in colour, continue daily dressing changes until blue colour is retained.

Step 5. Moisture Balance



- As with many wound care dressings, moisture balance is key. If the dressing is dry, thoroughly remoisten with sterile saline or sterile water, then gently remove the dressing.

Step 6. Tunneling Dressing



- Moisten the tip with sterile saline or sterile water to aid with ease of insertion.
- Gently insert the moistened end of the dressing (softened) into the wound tunnel or sinus. If necessary you may use a rigid swab to help guide it into place.
- After insertion, add a few drops of sterile saline or sterile water to the end of the dressing until moist.
- Trim the dressing as needed.
- Secure with a secondary dressing.

Secondary Dressing Selection Guide

