



Patient
DISCHARGE
● ● ● ● **KIT**

Caring for Wounds at Home

This **Discharge Kit** Provides Helpful Information and Resources for the Management of Wounds and Prevention of Pressure Injuries.

The information presented is solely for informational and educational purposes. The kit may contain information on Mölnlycke's products, educational content, and/or demonstrate certain techniques. However, Mölnlycke does not provide any medical advice and this kit shall thus not be perceived as medical advice.



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Factors that may help your wound **Heal Faster**



Stay Active



Avoid Smoking and Tobacco Use



Get Plenty of Rest



Eat a Healthy Diet



DO NOT DISTURB
Wound Healing
(no peeking)

1

Know your part in the treatment program.

Learn **how to perform the care** if ordered by your medical provider.

3

2

Know what to report to your provider.

Get answers you **understand**.

4

What is a Wound?



Wounds are **injuries that break the skin** or other body tissues.

They can include:

Incisions, Pressure Injuries,
Skin Tears and Foot/Leg Ulcers.



Preparing to Change Your Dressing

1

STEP 1:

Ask your nurse or doctor to show you how to remove the dressing and put a new one on.

2

STEP 2:

Have the nurse or doctor watch you change the dressing at least one time.

3

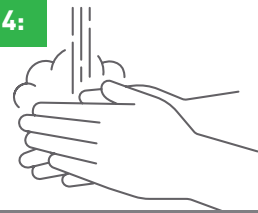
STEP 3:



Gather Supplies

4

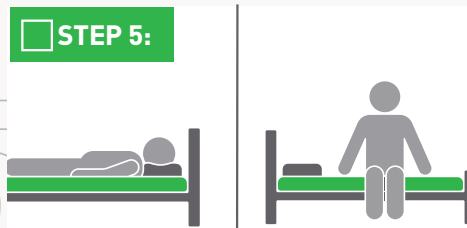
STEP 4:



WASH HANDS for 20 seconds or use sanitizer.

5

STEP 5:



Move into a comfortable position.

6

STEP 6:



Remove dressing and dispose of it in a plastic bag and throw in the trash.

7

STEP 7:



Clean your wound as directed by the nurse or doctor.

8

STEP 8:



Look at wound and check for any signs of infection, report to your nurse or doctor.

How to Apply Your Dressing

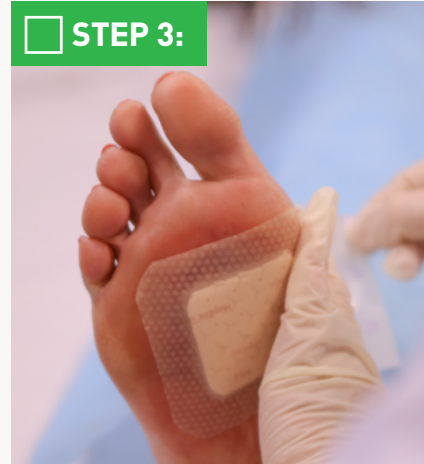
Scan Here
with your mobile
device camera to watch
our application video.



Remove the outer release film (purple bar)



Apply dressing to wound and smooth border.

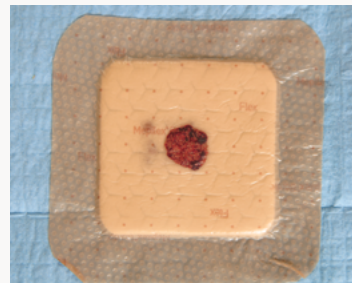


Release each side film and smooth into place.

When to Change Your Dressing

Change your dressing **IMMEDIATELY** in the following situations:

- Fluid starts to leak out of the edge of the dressing
- The dressing **peels off**



Fluid has not touched any edges. The dressing can remain in place.



Fluid has reached one edge. The dressing can remain in place.



Fluid has touched two edges. The dressing can remain in place.



TIME TO CHANGE
The dressing is saturated when the fluid has reached three edges.



Eating a **well-balanced** diet will help your wound to heal.



- **Drink** an adequate amount of **fluids**
- Eat a **balanced diet**
- Increase your **protein intake** that could include, adding eggs to breakfast or peanut butter to snacks
- Add **nutritional supplements** between meals if approved by your nurse or doctor
- Use **fortified milk** for cooking or drinking
- Tell your nurse or doctor about any **unplanned weight loss or gain**

What is Pressure Injury?

A pressure injury (or a bedsore) is **localized damage to the skin and underlying tissue**

- Pressure injuries usually occur over a bony area but can be also related to a medical device such as oxygen tubing or other objects
- Occur when there is constant pressure, unrelieved on certain parts of the body

How to Keep the Pressure Off

- ✓ Reduce the pressure to bony areas and below medical devices
- ✓ Change position at least every 2 hours
- ✓ Keep your heels off the bed with a pillow
- ✓ Raise the head of the bed no more than 30 degrees unless it cannot be tolerated



Signs and Symptoms to Report



Report the following signs

RIGHT AWAY

to your nurse or doctor:

- Swelling around the wound
- Fever or chills
- Weakness
- Confusion or difficulty concentrating
- Rapid heart rate

-OR-

If you **see** your wound:

- Color change from red to having yellow, tan or green color
- Showing bone
- Is getting bigger
- Has more fluid than normal
- Has fluid that is green or thick yellow
- Is showing redness around it
- Does not begin to heal in 2-4 weeks

If you **smell**:

- An odor to the wound

If you **feel**:

- Warmth or tenderness around the skin of the wound



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Ask a PROFESSIONAL

Call your doctor or nurse if you are experiencing any symptoms:
(see Symptoms to Report tab for more details)

Doctor's phone number:	
Nurse's phone number:	
Agency's phone number:	
Other:	



Scan here with your mobile device camera to view our YouTube Channel or click the [link](#).

The 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 the dressing is applied by a person that is not a health care professional, that is strictly at the user's own risk.

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