

How to change your dressing like a professional

When changing your dressing, it pays to do it in a clean and methodical way to reduce the risk of infection. Here we outline the key steps to changing your dressing like a pro!

Clear and clean an area

Clean and clear a work surface and gather your supplies. This may include tap water or saline for cleansing your wound, a bag for rubbish, and your new dressing.

Wash your hands

Next, wash your hands well with warm soapy water and dry with a clean paper towel.

Open the dressing

Open the dressing packet on your clean work area, touching it as little as possible, so it is ready when you need to remove it.

Remove the old dressing

Remove your old dressing and dispose of it in your rubbish bag. Make sure it isn't near your new dressing. Then clean your hands.

Gently clean the wound

Gently clean your wound with the tap water or saline. Gently clean with a piece of gauze or debridement pad if available. Take the opportunity to look at your wound and surrounding skin for signs of improvement, or deterioration, such as infection (see pages 23–5 for more details).

Apply the dressing

With clean or gloved hands, remove the new dressing from the pack and apply it.

Clear up

Discard everything in the rubbish bag and dispose of it as advised by nursing staff. If you have any concerns or questions about your dressing change, speak to your healthcare professional.

