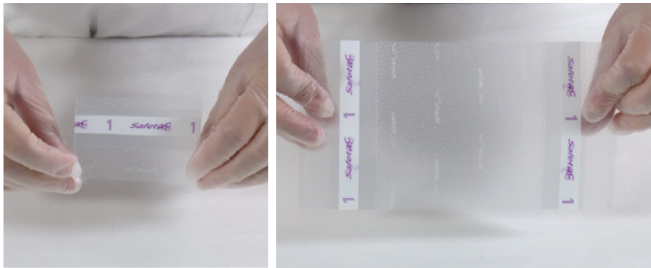


# A self-care guide for dressing changes

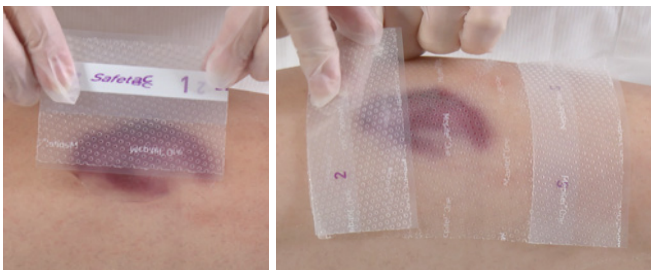
Your nurse has chosen Mepitel® One dressing for your wound

## 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'.

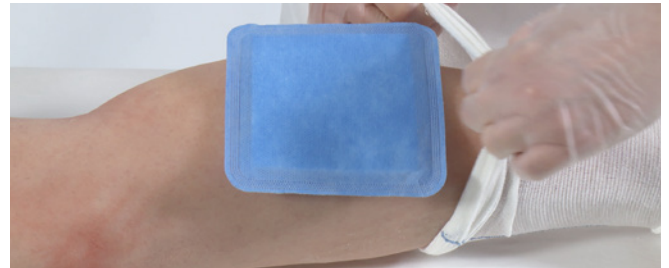


5. Apply Mepitel One with the adherent side to the wound.



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

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



8. Apply a bandage to keep the dressing in place.

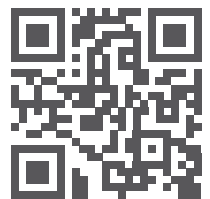


## When to change your dressing:

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](http://www.molnlycke.com/Mepitel-One-application)

### Things to keep in mind:

- ✓ Mepitel One dressing is for single-use only and should not be re-used.

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.com](http://www.molnlycke.com)

Mölnlycke Health Care AB, P.O. Box 13080, Gamlestadsvägen 3 C, SE-402 52 Göteborg, Sweden. Phone +46 31 722 30 00. The Mölnlycke and Mepitel trademarks, names and logos are registered globally to one or more of the Mölnlycke Health Care Group of Companies. ©2020 Mölnlycke Health Care AB. All rights reserved. HQIM001714

  
Mölnlycke®