

A self-care guide for dressing changes

Your nurse has chosen Mepilex® Border Heel dressing for your wound

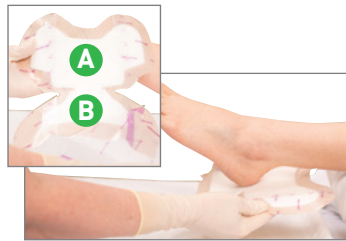
How to apply the Mepilex® Border Heel dressing:

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. Remove central release liner and slide dressing under the heel to the desired location.



4. Apply the adherent part of the dressing marked 'A' to the back of the heel/Achilles tendon areas, positioning the narrowest part of the dressing at the base of the heel. Do not stretch.



5. Remove the release liner from one of the area 'A' flaps (ankle flaps). Apply and smooth. Repeat with the other side. Do not stretch.



6. Gently apply adherent part of dressing marked 'B' under the foot. Do not stretch.



7. Remove release liner from one of the area 'B' flaps (flaps with tabs). Apply and smooth dressing onto the skin. Repeat with the other side. Do not stretch.



8. Final dressing position.



When to change your dressing:

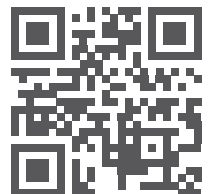
Your nurse's advice is to change the dressing when:

For further help and guidance please contact your nurse:

Things to keep in mind:

- ✓ Mepilex Border Heel dressing is for single-use only and should not be re-used.
- ✓ If walking with Mepilex Border Heel dressing, shoes or slippers should be worn.

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/Mepilex-border-heel-application

Mepilex Border Heel 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 Mepilex Border Heel 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

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