

Aquacel® Dressing

Instructions to care for yourself

Aquacel® Ag dressing is a soft covering put on wounds to promote healing. The dressing contains silver to help absorb drainage and prevent infections. **The dressing will stay on for _____ days.**

Activity

- The physiotherapist at the hospital will advise you on any activity to avoid or to do.
- The dressing is waterproof. You may shower with it, but **DO NOT** soak for a prolonged time (such as bathe, swim, or use a hot tub).
- Follow the steps on the right to remove the Aquacel® dressing if it:
 - » Becomes loose, starts to fall off, or will not stay in place.
 - » Has a large amount of fluid (drainage) under it and the fluid starts to seep out of the dressing. **If this happens, please see your surgeon.**
- After removing the Aquacel® dressing, apply:
 - A simple dry dressing
 - Strip dressing
 - No dressing is needed.

Removal of Your Dressing

- On DD / MM / YYYY, please:
 - See Dr. _____ at the HRH Fracture clinic (Wilson site) to remove the dressing.
 - See your family doctor to remove the dressing.
 - Follow the steps on the right to remove your own dressing.

How to Remove Your Own Dressing:

- 1 Wash your hands with soap and water.
- 2 Gently press down on the corner of the Aquacel® dressing with one hand.
- 3 Use the other hand to slowly lift up an edge of the dressing.
- 4 Stretch the edge of the dressing **down and out** to break the seal between your skin and the tape of the dressing. **DO NOT pull the dressing up.**
- 5 Slowly work your way around the dressing, repeating steps 2 to 4, until the dressing is loose. Remove the dressing.



Call your doctor if you have the following signs of infection:

- A large amount of drainage from the wound
- A fever of 38.3°C (101°F) or above.
- Unusual pain, foul smell, redness, or swelling near the wound.

If you have any questions or concerns, please contact your doctor's office:

Dr. _____ Tel: _____

Nurse Signature: _____ Date: DD / MM / YYYY