

Post-Operative dressing pack

THIS PACK CONTAINS: dressings (melolin or melolite), surgical tape and tubular gauze

Instructions for use:

1. When instructed to start redressing the wound(s) yourself you should remove the old dressing and bathe the foot (feet), for five minutes, in a bowl of warm water (boiled water which has cooled down) with a tablespoon of salt added for each pint of water (or until water becomes cloudy).
2. You should not pick the wound or play with it.
3. After bathing the wound(s) for 5 minutes, dry the foot carefully, using a clean paper kitchen towel.
4. Apply a dressings square, shiny side down, and fix with tape (one piece across and one piece over) and cover with the tubular gauze (if desired) and tape to secure the tubular gauze.
5. Repeat every day, unless advised otherwise by the Podiatrist.

Please note: if you are in doubt or worried about the wound(s) contact the Podiatrist at your normal clinic for advice. You will have been given a post-operative advice sheet with clear instructions and the clinicians emergency contact number and you will have been booked in for dressing appointments so that the wound(s) can be cleaned and checked.

Our staff are on duty to give you help and support during working hours. Outside of these times we provide an emergency telephone advice service (the Podiatrist who operated on you will have given you their emergency contact number) but we **do not** provide an out of hours treatment service.

If you cannot get hold of the Podiatrist and you believe you have a genuine emergency (for example the wound is bleeding excessively or you are in severe pain) you should call NHS 111, by dialling 111. Please only call if your problem is urgent and cannot wait until the morning. NHS 111 will advise whether you should attend your local A & E department. If they do please take the post-operative advice sheet with you as it outlines your procedure details.

