

# *How to care for your wounds*

*"It is an excellent dressing, It is so easy you can do it yourself. It gives you the independence to look after yourself".*

*Norma, Biatain Silicone user*

**Biatain<sup>®</sup> Silicone**

 **Coloplast**

# Introduction

During these unusual times, your healthcare professional may not be able to see you as regularly as you are used to. But it is very important that your wounds continue to receive care.

Your healthcare professional has assessed that your wound is being treated with Biatain Silicone and is appropriate for self-care. Of course, you will still receive ongoing support from your healthcare professional until the wound has healed. But, caring for the wound yourself can improve your confidence and understanding of your condition, as well as your quality of life and the convenience of your care. This guide is designed to help you use Biatain Silicone to do just that.

## Wound Healing

All wounds heal the same way. First, new red tissue builds up from the bottom of the wound. Then, new skin grows in from the wound's edges, covering the red tissue.

Your wound will heal the most quickly if you create the best conditions for this new tissue to grow. It is important that you keep the wound clean, warm and moist. This is what is called moist wound healing, and the appropriate dressing can help you do this.

It is important that you do not “leave the wound out to dry” or walk around without a dressing on, as this may delay wound healing or increase the risk of infection.

Remember – if you are advised to keep the dressing on for a certain amount of days, do not remove the dressing before that, unless dressing change is recommended due to high amount of wound fluid (see illustration on page 6). The dressing also serve as a protective barrier against germs and the external environment.

## Biatain Silicone for wound healing

Biatain Silicone can help you create the best conditions for your wound to heal. Biatain Silicone is a sterile, single use foam dressing with a silicone adhesive. The dressing must be disposed after use and can not be reused.

Biatain Silicone may be left in place for up to 7 days depending on the amount of wound fluid, dressing conditions and your wound type.



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This leaflet is made to inform you about the correct use of Biatain Silicone. There are other types of wound dressings from different manufacturers, so make sure you follow the clinical guidance from your healthcare professional.

# Hand-washing guide

Removing all dirt and contaminants from the skin before changing a dressing is extremely important. By following the correct method of cleaning your hands, you ensure that bacteria are removed from the hands and will not get into the wound.

Be sure to follow this step-by-step hand-washing guide carefully before beginning any dressing change.



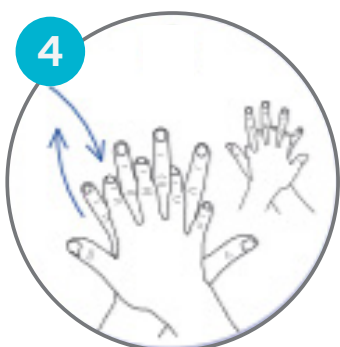
1 Wet hands in water



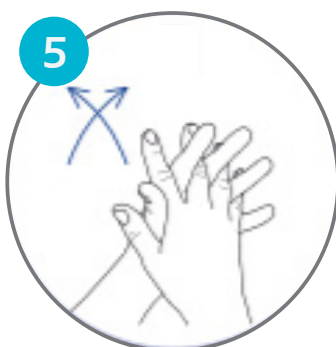
2 Apply enough soap to cover all hand surfaces



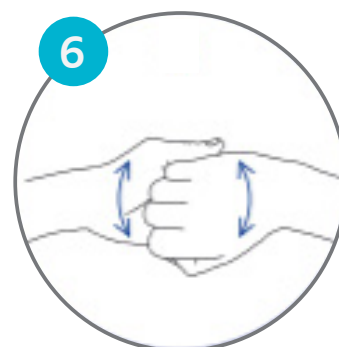
3 Rub hands palm to palm



4 Hands over each other with interlaced fingers



5 Palm to palm with fingers interlaced



6 Backs of fingers to opposing palms with fingers interlocked



7 Rotational rubbing of thumbs clasped in opposite palm



8 Rotational rubbing, backwards and forwards



9 Rinse with water and your hands are safe

Hand washing guide based on recommendations from the WHO.

# How to change your dressing

Read the following instructions carefully before changing your dressing, and follow the below steps in chronological order.

## Preparation

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- 1 Wash your hands according to the hand-washing guide (see page 4) and dry them well.
- 2 Make sure to have a clean space (e.g. a clean towel) on which to place the fresh products, and to have everything you need to do the cleansing and dressing change.
- 3 If you are wearing a dressing that must be removed, remove the old dressing and place it in the trash.
- 4 Once again, wash your hands according to the hand-washing guide and dry them well.
- 5 Place all necessary dressings on a clean surface (e.g. a clean towel) nearby, but wait with opening any products until you are done cleaning the wound and is ready for application.

## Cleaning your wound

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- 6 Put on disposable gloves if available.
- 7 Wet a gauze pad with water, or prepare a saline pad.
- 8 Gently clean the wound: Start at the centre of the wound. Dab in circles out to 2.5cm (1 inch) past the edge of the wound. Do not wipe or rub, as this may damage the wound. Do not begin cleaning at the outer edges of the wound. This may spread bacteria over the wound area.
- 9 Gently pat the wound dry with a piece of dry gauze or clean towel.

## Applying Biatain Silicone

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- 10 Make sure the skin is clean and dry.
- 11 Be aware that the use of creams, lotions or ointments may reduce the dressing's ability to adhere to the skin. If any such product is used, allow the skin to dry before applying the dressing.
- 12 When you are ready to apply Biatain Silicone, remove the center protective film first and apply the dressing to the wound area. Do not touch the adhesive side of the foam pad. Then, smooth out the dressing along the skin as you remove the remaining two protective films.
- 13 Once applied, run your fingers around the dressing border to ensure contact between the skin and dressing border.
- 14 Leave dressing in place to not disturb the wound healing environment. Check the dressing as per the recommendation of your healthcare professional.
- 15 Change the dressing when visible signs of wound fluid approach the edge of the foam (see "When is it time to change a Biatain Silicone dressing?" on page 6).

Scan here for a video on how to apply Biatain Silicone.



# Visual guide: How to change your dressing

Read the instructions on page 4 carefully before changing your dressing.



## Step 12

### Removal of the center protective film

When you are ready to apply Biatain Silicone, remove the center protective film first and apply the dressing to the wound area.



## Step 12

### Application

Do not touch the adhesive side of the foam pad. Then, smooth out the dressing along the skin as you remove the remaining two protective films.



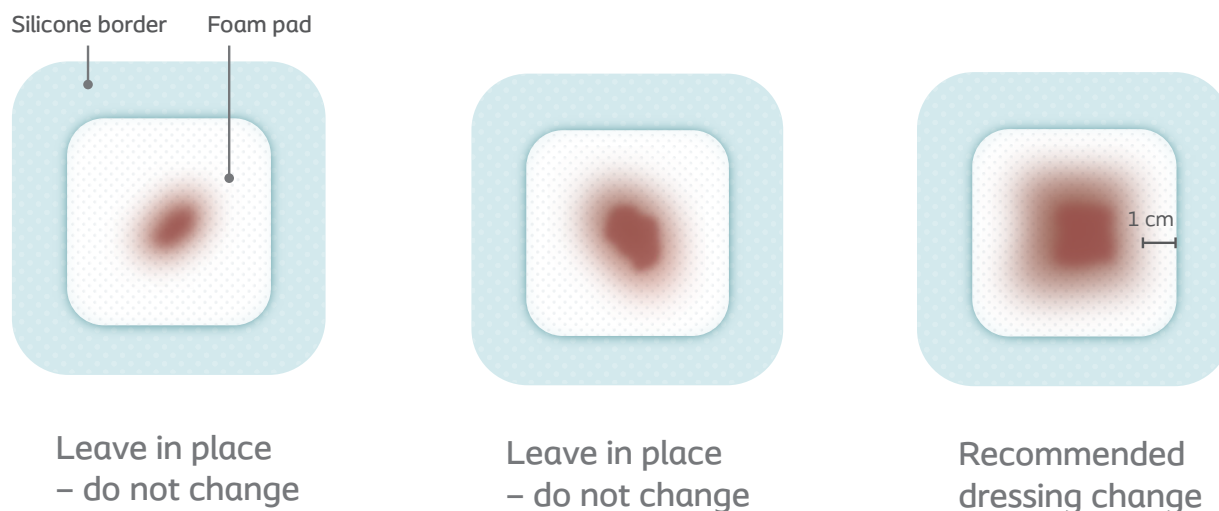
## Step 13

### Removal of remaining two protective films

Once applied, run your fingers around the dressing border to ensure contact between the skin and dressing border.

# When is it time to change a Biatain Silicone dressing?

Biatain Silicone can be left in place for up to 7 days depending on the amount of wound fluid, dressing conditions and type of wound. The dressing should be changed when there is 1 cm between the exudate and the edge of the foam pad:



This information is for general guidance only and should not replace clinical judgement

## How to remove your wound dressing

Remember to always follow the recommendation from you healthcare professional on dressing change frequency.



When removing a silicone foam dressing like Biatain Silicone, gently lift the border of the dressing and slowly pull back the dressing until fully removed.

Put the used dressing in the trash right away.

# Frequently asked questions (FAQ)

Below are some of the general questions we often receive. For further product information, please see the Instructions for Use leaflet, which is included in the dressing box, or consult your local healthcare professional.

Can I shower with my dressing on?

Yes you can. Biatain Silicone has a water proof topfilm, which allows you to shower with the dressing on. Both before and after the shower, make sure that the dressing is in place and that the silicone border adheres to the skin.

How long will it take for my wound to heal?

Healing time will depend on the size and type of your wound as well as your general health. It is important that you follow the treatment and advice prescribed by your healthcare professional.

How often will the dressings have to be changed?

Biatain Silicone dressings can be worn for up to 7 days, depending on how much fluid is coming from the wound and the clinical judgement from your healthcare professional. Please see the section "When to change your wound dressing".

Will dressing changes hurt?

Some people may experience slight discomfort during dressing changes, specifically during the cleansing of the wound, depending on the type and position of the wound. If you are feeling any discomfort when changing your dressings, please contact your healthcare professional, who will be able to give you further advice.

I am afraid that my wound will become infected. What do I do?

Always follow what your healthcare professional has prescribed and advised you to.

To protect your wound from infection, it is important that you wash your hands thoroughly and keep the wound and skin clean when doing the dressing change.

Contact your health care professional if you notice any of the following points, as they could indicate signs of infection:

- The wound is not progressing as expected
- The wound may be oozing more than usual
- The dressing may become more wet than usual
- You may experience an increased amount of pain from the wound
- There can be an unusual smell from the wound
- An increase in redness and/or swelling around the wound

# What can I do to help my wound heal?

**Wash your hands** – the most important thing you and your care givers can do to prevent infection is to follow the correct hand washing procedure.

**Keep a clean dressing on your wound** – dressings keep germs out and protect the wound while healing. They also help absorb fluid that drains from the wound and could damage the skin around it.

**Eat healthily** – Eating a well-balanced diet can make a huge difference to your wound and will encourage it to heal.

**Change your dressing** – Use the step-by-step guide described on page 4 when you are changing your dressing.



## Who should I contact if I need to report a problem?

If you need to report any problems with self-caring for your wound, please contact your local healthcare professional.