

Dressing changes

Patient and Carer information

Community Podiatry Service

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How do I change my foot dressings

The podiatrist will talk you through the step by step guide and will show you how to change your dressings in between your appointments.

You will be provided with dressings and packs containing gloves, an apron and a bag for disposal. It is essential that you ensure a high standard of cleanliness at all dressing changes to reduce the risk of infection.

Please take your dressings to any appointments where your foot is being assessed.

Step by step guide

1. Wash your hands thoroughly with warm soapy water and dry them well - see the hand washing technique opposite.
2. Open the dressing pack fully onto a table to create a sterile surface and take out the disposal bag - it is important that this area is touched as little as possible.
3. Remove the old dirty dressing and place in the bag ready for disposal.
4. If possible, wash your hands again - do not walk on your foot without a dressing on. Put the apron on if you are not the patient.
5. Open all dressings required and drop them onto the sterile area. Cut any tape required to stick the dressings ready for use.
6. Put the gloves on - avoid touching the outside of the gloves as much as possible.
7. Apply the dressings to the wound - be careful to avoid touching the wound.
8. Dispose of the waste disposal bag as advised by the podiatrist and then wash your hands.

Hand Washing

Hand washing is the most important method of reducing the spread of infection. You should therefore:

- remove jewellery and cover any skin abrasions with a waterproof plaster
- wet your hands with warm water
- apply soap to your fingertips, thumbs, palms and wrists to create a lather; washing should take about one minute
- rinse your hands under running water and dry them with a disposable paper towel



The poster is a vertical rectangular graphic with a blue background. It is divided into five horizontal sections, each representing a step in hand washing. Each section contains a white line-art illustration on the left and the corresponding step name in large white text on the right. The top right corner of the poster features the NHS logo. At the bottom, there is a white box containing the slogan 'Stop germs spreading. The power is in your hands.' and a smaller line of text: 'Have you washed your germs away? Wash your hands.' A small vertical copyright notice is on the right edge of the poster.

Wet

Soap

Wash

Rinse

Dry

NHS

Stop germs spreading.
The power is in your hands.

Have you washed your germs away? Wash your hands.

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How can I reduce the risk of infection

- Keeping a clean home will reduce the risk of getting an infection when you have a wound; wash all surfaces that come into contact with your hands with hot water and detergent, for example door handles, bedside tables and bed frames.
- Keep your slippers clean and never walk around your home without wearing your slippers or shoes when you have a wound on your foot. Please ensure that any pets are placed in another room during dressing changes.

Any of the following require urgent attention as they may indicate infection and/or wound deterioration.

- Heat; area may become hot
- Swelling
- Increase in pain or smell
- Redness or red lines appear
- Feeling of nausea or fever
- Strike through – your dressing is extremely wet or dirty
- Bleeding
- Unexpected rise in blood sugars if you have diabetes

Please contact your local podiatrist or seek medical attention as soon as possible.

Useful Information

Appointments or enquiries can be made between 9am and 4pm weekdays only.

Telephone: 01942 483483

Textphone: 18001 01942 483483

We will deal with urgent problems very quickly and at the discretion of the podiatrist, based on the information we receive.

Please contact us if you have any questions or queries that we have not covered in this leaflet.

Local Pharmacy - Your local pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

Please use this space to write notes or reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website: https://www.wwl.nhs.uk/patient_information/leaflets/

This leaflet is also available in audio, large print, Braille and other languages upon request. For more information please ask in the department/ward.

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Call 111 first when it's less urgent than 999.



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