

Going Home with Mepilex Border Wound Dressing

- **Check your dressing every day.**
- **If your wound is draining or is painful**, lift the dressing edges carefully to look at the wound to make sure it is healing properly with no signs of infection.
- Signs of infection include:
 - New drainage, green or yellow or foul smelling from wound/drain site.
 - Increased and spreading redness around wound / drain site.
 - Increased temperature (fever) above 38°C or 101°F.
 - **Call your surgeon/General Practitioner (Family Doctor) if you have signs of infection.**
- If your wound has no signs of infection the dressing can be reapplied, as the border is made of a resealable silicone.
- Mepilex Border dressing can be left in place for up to a **maximum of 7 days** after application.
- **The dressing should be replaced if:**
 - The dressing pad is stained or wet beyond 80% (more than 3/4).
 - Drainage is seeping out into the border edges of the dressing.
 - The wound looks wet and white - like your skin does when it has been in water too long.
- Once drainage from the wound has stopped, the dressing can be peeled back and removed. The wound can then be left open to air even with the staples in.
- When applying ice with this dressing in place, your skin must be protected with a light cloth between the ice or icing device and the skin.

Changing the dressing if required

1. Wash your hands with soap and water.
2. Remove and dispose of old dressing.
3. Cleanse the wound with normal saline and gauze.
4. Open the new Mepilex Border dressing or gauze without touching the side that will be placed on your wound.
5. Place the dressing over the incision. Ensure you get a seal of the edges of the Mepilex Border by molding the entire bandage to your skin with your hands. If using gauze, loosely tape the gauze and do not wrap tape in a circle around the knee/leg.

Showering

- Mepilex Border is viral, bacterial and water resistant.
- You may shower with your Mepilex Border Dressing, but before getting into the shower you will need to **ensure the edges around the dressing are secure** by smoothing down the edges of the dressing.
- Mepilex Border dressing is water resistant but not waterproof. You may shower, but do not take a bath, go into pool or hot tub with this dressing.

Purchasing dressings

- Patients are responsible to purchase additional dressings.
- Mepilex Border Dressings are available at some local pharmacies. Please call pharmacy of your choice to inquire about availability and prices.
- Alternatively, gauze and paper tape may be used.



Making better
decisions together
with patients
and families

For more copies, go online at <http://vch.eduhealth.ca>
or email pchem@vch.ca and quote Catalogue No. **F0.160.G65**

© Vancouver Coastal Health, May 2019

The information in this document is intended solely for the person
to whom it was given by the health care team.

www.vch.ca