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.

What you can expect:

1. The dressing will stay on for ___________ days.
2. Remove the dressing if:
   • It becomes loose, starts to fall off or will not stay in place.
   • There is a large amount of fluid (drainage) under the dressing and it starts to seep out. If this happens, please see your surgeon.
3. After removing the Aquacel® dressing, apply:
   □ A simple dry dressing
   □ Strip dressing
   □ No dressing required.

Activity:

1. The physiotherapist at the hospital will advise you on any activity.
2. The dressing is waterproof. You may shower. Please DO NOT soak for a prolonged time, bathe, swim, or use a hot tub.

Things to remember:

To remove your dressing:

□ Please see Dr. _____________________, at the HRH _____________________ clinic, ________ site, on _________________.
□ Please see your family doctor on _____________.
□ Please remove your own dressing on ______________ (see following instructions).

To remove your 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. (Fig. 1)
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:

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

These are signs of an infection.

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

Doctor: _____________________
Tel: _____________________

Nurse Signature: _____________________
Date: _____________________

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