

A self-care guide for dressing changes

Your nurse has chosen Mextra® Superabsorbent dressing for your wound

How to apply the Mextra® Superabsorbent dressing:

1. Wash your hands with soap and warm water for 20 seconds. Dry hands thoroughly.
2. Clean the wound as advised by your nurse.
3. Apply Mextra Superabsorbent directly on the wound area with the white side of the dressing onto the wound. Blue side up!



4. The pad should overlap the dry surrounding skin.
5. Secure the Mextra Superabsorbent dressing in place as advised by your nurse.



Things to keep in mind:

- ✓ Do not cut the Mextra Superabsorbent dressing.
- ✓ Mextra dressing is for single-use only and should not be re-used.



When to change your dressing:

Your nurse's advice is to change the dressing when:

For further help and guidance please contact your nurse:

If you have access to the internet, you can watch the video on how to apply your dressing, using this link (or use your phone to scan the code):



www.molnlycke.com/mextra-application

Mextra Superabsorbent dressing should be handled and applied by health care professional, however, if a health care professional is not available, a family member or yourself may need to do the dressing change. Mölnlycke Health Care does not take any responsibility or liability connected to the application of the dressing by such persons. Accordingly, if Mextra Superabsorbent is applied by a person that is not a health care professional, that is strictly at the user's own risk.

Find out more at www.molnlycke.com

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