How to care for your post-operative hip/knee wound following a total hip replacement/total knee replacement

Information for patients
Dressing change

Your dressing should remain in place for up to seven days from placement in theatres unless the dressing has moved out of place or become fully saturated. The pictures below will give you some indication of when this would be necessary.

**When to change/not change your dressing**

You do not need to change your dressing if it looks like this:

Your dressing will need to be changed if it looks like this:

Nursing staff will change the dressing if it looks like the two photos above if you are still an inpatient on the ward.

If you have been discharged and your dressing looks like photos 5/6, or is leaking please change your dressing and then contact the ward that you were discharged from or bleep the ERP nurse.
How to change your dressing

1. Wash your hands.
2. Remove the old dressing.
3. Clean the wound.
4. Prepare the new dressing.
5. Apply the new dressing.
6. Secure the dressing.
7. Gently wrap the bandage.
8. Check the dressing regularly.
9. Dispose of used dressings properly.
10. Follow up with medical advice.
Patient guide to wound care and FAQ

What kind of dressing is on my wound?
You have been given a Mepilex Border Post Op dressing.

Why have I been given this dressing?
Mepilex Border Post OP, is designed to give you maximum flexibility, good absorption and reduce trauma and pain on removal. It does not contain adhesive so won’t strip your skin or cause blisters when removed.

What should I expect from the dressing?
It is normal for your wound to release blood and fluid when it’s been closed surgically. Due to the dressing have a good absorption you will see this rise to the top of the dressing and gel up. This means its locked it away from your skin underneath.

Can I shower with the dressing?
Yes. It is shower proof but it’s recommended to keep it as dry as possible. The dressing will only stick to dry skin. If the skin becomes too moist the dressing will simply fall off.

When showering, place your back to the shower to avoid the shower directly going onto your dressing.

My edge of my dressing has rolled, does it need changing?
Due to the nature of Safetac Technology, the dressing maybe able to unrolled and re-stick. Try to do this before requesting a dressing change.

When should I contact the ward or ERP nurse?
• If the dressing is leaking or saturated as in pictures 5 and/or 6
• If the surrounding skin has become red and spreading outwards
• If there is in an increase in pain or odour
• The dressing has moved and the wound is now visible
• Increased discharge and foul smelling discharge

Tel: 01444 441881
Ask switch to bleep 6186, or ask for the ward you were discharged from - Albourne, Newick or Twineham

When should my dressing be changed?
Please follow the advice on the nursing discharge letter.

You will be given Opsite surgical to take home. Please follow photographic instructions on how to change the dressing. Please note Opsite is different to the dressing you are currently wearing.

For maximum effectiveness of the dressing it must remain in place. Please do NOT remove the dressing earlier than the scheduled date.

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