

Using Duoderm or Granuflex dressings on your wound

This leaflet explains more about Duoderm and Granuflex dressings. If you have any further questions or concerns, please speak to the staff member in charge of your care.

What are Duoderm and Granuflex dressings?

These are hydrocolloid dressings which form a gel when they come into contact with liquid coming from your wound. This makes the area around your wound moist so it heals better and healthy new tissue grows well.

Are there any alternatives?

You can choose whether to have this type of dressing or a different type.

Your nurse will discuss this with you.

Asking for your consent

It is important that you feel involved in decisions about your care. We will get your verbal consent before applying any new dressing and you can choose to stop using it at any time

How do I put on the dressing?

1. Wash the wound under a running tap or in the shower.
2. Make sure the skin around the wound is dry properly, as the dressing will not stick to wet skin.
3. Use clean scissors to cut the dressing to the right size, allowing a one or two cm overlap onto healthy skin if possible. Then hold the cut dressing between the palms of your hands to warm it up - it will be easier to mould and will stick better if it is warm.
4. Place the dressing over the wound making sure the wound is in the middle and there is enough border for it to stick properly onto the surrounding skin. Hold in place for 30-60 seconds.

How do I change my dressing?

You should change the dressing every seven days.

You should change it sooner if fluid is leaking from it or if the edges have started to peel off.

1. Carefully remove the dressing.
2. Don't worry about any fluid on the wound – this is normal.
3. Wash the wound gently under the running tap or shower and pat dry with a clean paper towel.
4. Put on a new dressing as above.

Things you need to watch for are:

It is normal for the dressing to make a fluid or gel, which is a creamy colour and may look like pus. It is also normal for this to have a slight smell.

If the dressing causes itching and redness you should stop using it, as this may be a sign of a reaction.

Watch your wound for any signs of infection, such as redness, heat, swelling or more pain than before. If this happens, your wound gets worse or you have other concerns contact the plastic dressing clinic to discuss this and arrange an appointment if you need one.

Will I have a follow-up appointment?

You will be seen regularly in our dressing clinic for your wound to be checked.

The nurse looking after you will let you know how often to come.

Useful sources of information

www.convatec.co.uk/wound-skin/duoderm-dressings/duoderm-extra-thin-dressing

www.convatec.co.uk/wound-skin/duoderm-dressings/granuflex-dressings

Contact us

If you have any questions or concerns about Duoderm and Granuflex dressings, please contact the plastic dressing clinic nurses on 020 8725 0473 or the lead clinical nurse in plastic surgery on 020 8672 1071, ask for bleep 6332 (Monday to Friday, 9am to 5pm). Out of hours, please contact Keate ward on 020 8725 3226 or 3227.

For appointments, please call 020 8725 5855.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9am and 5pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

