



Interior Health  
Every person matters

# Mepilex Border Post Op Dressing

## Change Post Op Day 7

Patient Dressing Information • Vernon Jubilee Hospital

[www.interiorhealth.ca](http://www.interiorhealth.ca)

This dressing was chosen because it allows multi-directional stretching, has multilayer absorbency and is bacterial/viral proof.

You may shower with this Mepilex dressing on your incision. Pat to dry, do not rub.

On Post Op **Day 7** change your dressing by following this step-by-step guide.

### Step 1

Position the person on a comfortable flat surface (i.e. bed or couch). If you had hip surgery, lay on your side with a pillow between the knees. Remove clothing that is covering the dressing so it is accessible. Remove and discard the old dressing. Do not touch/clean the incision or the staples.

### Step 2

Wash your hands. Scrub with soap for 30 seconds then rinse thoroughly. Dry with a clean towel. Gather and set out all supplies that you will need.

**Supplies:** Mepilex Border dressing



**\*\*Do not touch the white padding within the border of the dressing. This is the area that directly touches the incision, and fresh incisions are more susceptible to infection.**

### Step 3



1. Open the outer package and remove the dressing.



2. Pull on the purple tab to release the back liner fully or partly and apply dressing to the skin.



3. Using the white tab, start removing the white frame borders. There are 2 – one on each side.



4. Finalize the application by gently pressing the full dressing area for maximum adherence.

HealthlinkBC	Nurse	24 hours a day	Daily	Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.
Call 8-1-1	Dietitian	9 am – 5 pm	Mon – Fri	
	Pharmacist	5 pm – 9 am	Daily	
	Hearing Impaired	Call 7-1-1		
<a href="http://www.healthlink.bc">www.healthlink.bc</a>				

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If you see blood in the dressing, don't think you have to change it. Let the dressing do its job – don't change unless it is needed.

The timeline for changing the dressing is on Post Op Day 7 unless there is increased drainage (*see image below*).



## When Should I Call My Surgeon?

Call your surgeon's office, or if you are unable to make contact, go to the hospital emergency department if you develop:

- Increasing pain that is unrelieved by pain medication
- Excessive redness on or around your incision
- Increasing swelling around the incision
- Increasing drainage from the incision
- A fever of 38.5 C or 101 F or higher
- Foul odour from the drainage