



Patient self care guide

 **smith&nephew**
OPSITE[®]
POST-OP
Transparent Waterproof
Dressing with Absorbent Pad

How to care for your wound using OPSITE[◇] Post-Op dressings

Your OPSITE Post-Op dressing is on your wound to do 3 main jobs:

Help prevent infection¹

Provide a waterproof barrier²

Absorb fluid coming from your wound³

OPSITE Post-Op dressings work effectively due to the way the dressing has been made.

The transparent layer is bacteria proof.¹ It helps prevent bacteria getting underneath the dressing and into your wound. The dressing is also waterproof, so can be left in place whilst you shower.³

In the centre of the dressing is an absorbent pad which collects fluid that comes from your wound, so it does not leak.⁴

When to change your dressing

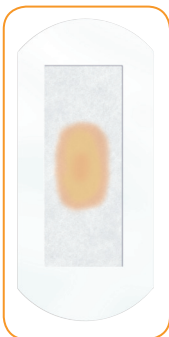
Fluid levels can vary so it's a good idea to keep check on how much fluid has been collected in the dressing. The transparent film makes this easy for you as you can see the fluid on the absorbent pad through the film.



No change necessary



No change necessary



Change dressing

Your dressing may need changing more often if it becomes dislodged or if your nurse needs to examine your wound.

If you are unsure about applying or removing your dressing yourself ask your nurse to show you. Remember to wash your hands before applying or removing your dressings.

Dressing application guide

When you have ensured your wound is clean and dry, follow the steps on the outer packaging of the OPSITE® Post-Op dressing to apply a new dressing. You will see that there are different flaps on the dressing which are numbered to make application easier.

Remove the largest piece of backing marked 1

Place the dressing over your wound, and gently press down on the dressing

Remove the second piece of backing marked 1

Remove the top carrier marked 2



Dressing removal guide

OPSITE Post-Op dressings are easy to remove by following these steps:⁵

1. Start at one corner of the dressing and gently lift the transparent film
2. Pull the film towards you - away from the pad
3. Release
4. Repeat along the edge of the dressing until it can be lifted away from your wound



OPSITE Post-Op or OPSITE Post-Op Visible

A clinician may use one of two types of OPSITE Post-Op dressings on your wound. Both types of dressing help prevent infection, provide a waterproof barrier and absorb fluid, but OPSITE Post-Op Visible also allows the clinician to view your wound without removing the dressing.⁴



OPSITE Post-Op



OPSITE Post-Op Visible

Continuing your care at home

At every stage your community nurse or local hospital will be able to advise, and help you care for your wound. If you are unsure about applying or removing this dressing yourself ask your nurse to demonstrate to you.

Should you require further post-op dressings whilst being treated at home by your local practice, OPSITE® Post-Op dressings are available in the following sizes:

6.5cm x 5cm

9.5cm x 8.5cm

12cm x 10cm

15.5cm x 8.5cm

20cm x 10cm

25cm x 10cm

30cm x 10cm

35cm x 10cm

References

1. Smith & Nephew report reference WRP-TWD420281 – Bacterial barrier testing of IV3000.
2. Smith & Nephew report reference DS/07/209/R1 – OPSITE Post-Op samples an evaluation of PQ samples.
3. Smith & Nephew report reference TEP/101/147 – Testing of OPSITE Post-Op fleece pads.
4. Smith & Nephew report reference DS/10/040/R1 – Total absorption capacity of OPSITE- Post-Op.
5. Rebecca Jester, Lin Russell, Sheila Fell, Suzanna Williams, and Catherine Prest - A one hospital study of the effect of wound dressings and other related factors on skin blistering following total hip and knee arthroplasty. Journal of Orthopaedic Nursing (2000) 4. 71-77.

Wound Management

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