

Caring for a wound with Omnifix

You have had your injury treated with an omnifix retention dressing. The non-woven, cross elastic fabric is permeable to air and water, allowing liquid to escape.

This dressing offers you many advantages, including increased comfort, improved healing, early mobilisation and minimal interference with your lifestyle.

While your wound is healing

- Keep dry for the first 24 hours. You may need to dry the surface during this time—do so with a clean tissue.
- Wash twice daily over the dressings with simple soap and water, removing any crusting or yellow/green fluid that may collect there. Do not remove the dressing. It will come off easily in water. Attempts to remove it will cause pain and damage the healing tissue.
- Dry thoroughly using a towel to pat dry.
- If soaked in water the dressing and wound will become soggy and increase the risk of infection.

Removing your Omnifix dressing

Your dressing should be removed on:



at your own doctor's surgery.

It is ESSENTIAL that you follow the following simple steps before removal:

1. Coat dressing in oil (olive, peanut, vegetable). Making sure the dressing is well soaked.
2. Wrap the dressing in gladwrap and a handy-crepe bandage if necessary to prevent oil from staining your clothing or bed linen and cover with an old clean t-shirt or sock.
3. Leave gladwrap in place for a minimum of four hours. This can be overnight.
4. The nurse at your surgery will wash the dressing carefully with water to remove it.

Considerations

- Avoid activities that may cause injury to the wound and lead to bleeding or infection, e.g. digging in sand, swimming, gardening, mechanical repairs.
- If the wound becomes red and hot with an increase in pain or swelling beneath the dressing, or if blisters form, then attend your doctor's surgery for review.
- If at any point the wound becomes red and hot, with an increase in pain or swelling beneath the steri strips, or if a blister forms, seek medical attention for review.

Caring for a wound with steri strips

You have had your injury treated with steri strips, which are sterile pieces of medical tape used to help close wounds and keep wound edges together. Their main purpose is to promote wound healing.

While your wound is healing

- Do not bathe for 24 hours. After 24 hours, wash around the wound gently. Pat the area dry with a clean towel, or let it air dry. Do not rub the wound with a towel to dry it.
- The steri strips usually fall off on their own in about 7 to 10 days, and are not meant to be scrubbed or picked off prior. Doing so can cause the wound to re-open.
- If at any point the wound becomes red and hot, with an increase in pain or swelling beneath the steri strips, or if a blister forms, seek medical attention for review.

If the steri strips come off, re-apply by starting with the middle of the wound. Gently bring the edges of the wound together and place the middle of the steri strips on the wound. Do not stretch the steri strips. Add more as needed, ensuring that the wound edges are together. Make sure to leave small gaps between the strips, as fluid can build up from the wound if completely covered by steri strips.

If you do decide to remove the steri strips, pull gently and hold the skin down as you remove them.

Wound care - Omnifix / Steri strips



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