



## Information for patients

### What is PolyMem?

PolyMem is a soft, absorbent, conformable dressing with moisturising and wound cleansing ingredients. It is designed to help control inflammation, relieve soreness and reduce wound pain and swelling.

### Which way is the dressing applied?

The dressing should be applied film side out so that the printing is visible.

### How is the dressing held in place?

Non-adhesive dressings should be secured with either silicone tape, netting, a gauze dressing or wrap, however, your Healthcare Professional will select the most appropriate method of fixation.

### If you are changing your own dressings

1. Wash the wound and the surrounding skin gently with lukewarm water or the solutions prescribed by your Healthcare Professional and pat dry
2. If necessary, cut the dressing to size and shape making sure to cut the dressing larger than your wound
3. Place the plain side of the dressing onto the wound and skin with printing side facing upwards
4. Secure the dressing as shown by your Healthcare Professional

### How often should the dressing be changed?

Your Healthcare Professional will advise how often you need to change your dressing.

As a guide: dressing change is ideally required when the absorbed fluid is visible through the upper side of the dressing (the side with printing on it). If your wound is wet, it may need to be changed more frequently.

### CAUTION!

Be alert for signs and symptoms such as:

- An increase in redness, swelling or pain
- A sudden change in colour of the wound fluid (remember, yellow is normal)
- If the amount of wound fluid requires you to change your dressing more than once a day
- Any other effects that cause you discomfort

**If you notice any of the above, contact your Healthcare Professional immediately.**

### Is an increase in wound fluid and odour normal?

PolyMem's mode of action can often increase the amount of wound fluid, which can have a distinct odour. This is not uncommon and indicates that the dressing is working. When this happens, the dressing should be changed more frequently.

### Will it be painful?

Due to its unique ingredients, you should not experience any pain with PolyMem.

### Will the dressing stick?

It is unusual for this to happen, but if it does, gently lift one corner of the dressing and apply water or saline solution rinse to help loosen the dressing.

### Can creams/emollients be used under the dressing?

It is not necessary to use creams/emollients under the dressing – PolyMem dressings contain ingredients that help moisturise the skin.

### Is the dressing showerproof?

You may shower with the adhesive dressing, but do not submerge them in a bath. With a non-adhesive dressing, you may shower only if the tape or securement device is waterproof.

### Can the dressing be cut?

The non-adhesive dressing can be cut; however, your Healthcare Professional will have already selected the variation and size most appropriate to you and your wound.

### How should the dressing be stored?

It should be stored in a dry area at normal room temperature.

**This is a product overview and does NOT replace advice or guidance provided by your Healthcare Professional and the local NHS protocols.**

If you have any further questions, please contact your Healthcare Professional on:

Name: \_\_\_\_\_

Tel: \_\_\_\_\_