

1. Wash your hands before beginning treatment of the skin tear. Check you have the correct equipment (see box contents check list). Gloves should be worn when treating the skin tear.
2. Measure the skin tear and type and record in patients notes. Clean the wound using saline. Apply moist swab to wound and soak for five minutes.
3. Remove moist swab and, if necessary, ease the edges of the skin tear together.

4. Remove both covers of the Kliniderm foam silicone border dressing and place over the wound. Draw an arrow and date on top of the Kliniderm to indicate the direction of removal (see Fig1 below).

Apply ensuring the edges of the skin tear stay in place. Inform nursing staff of skin tear if you have administered first aid. If a larger dressing is required, please liaise with local wound advocate / District Nurse.

Leave dressing in place depending on skin tear type:

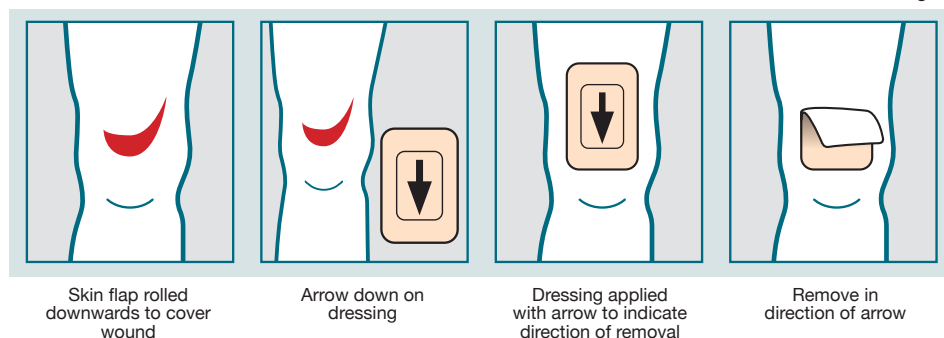
**Type 1** - 7 Days | **Type 2** - 3 days | **Type 3** - 24hr

(See the reverse of this leaflet for skin tear type 1,2,3 descriptions)

5. Only change the dressing if exudate/blood is not being contained or signs of infection are evident. Remove the dressing in the direction of the arrow, as demonstrated below. If healing has not occurred in seven days, or if the areas appear red, hot and inflamed advice may need to be sought.



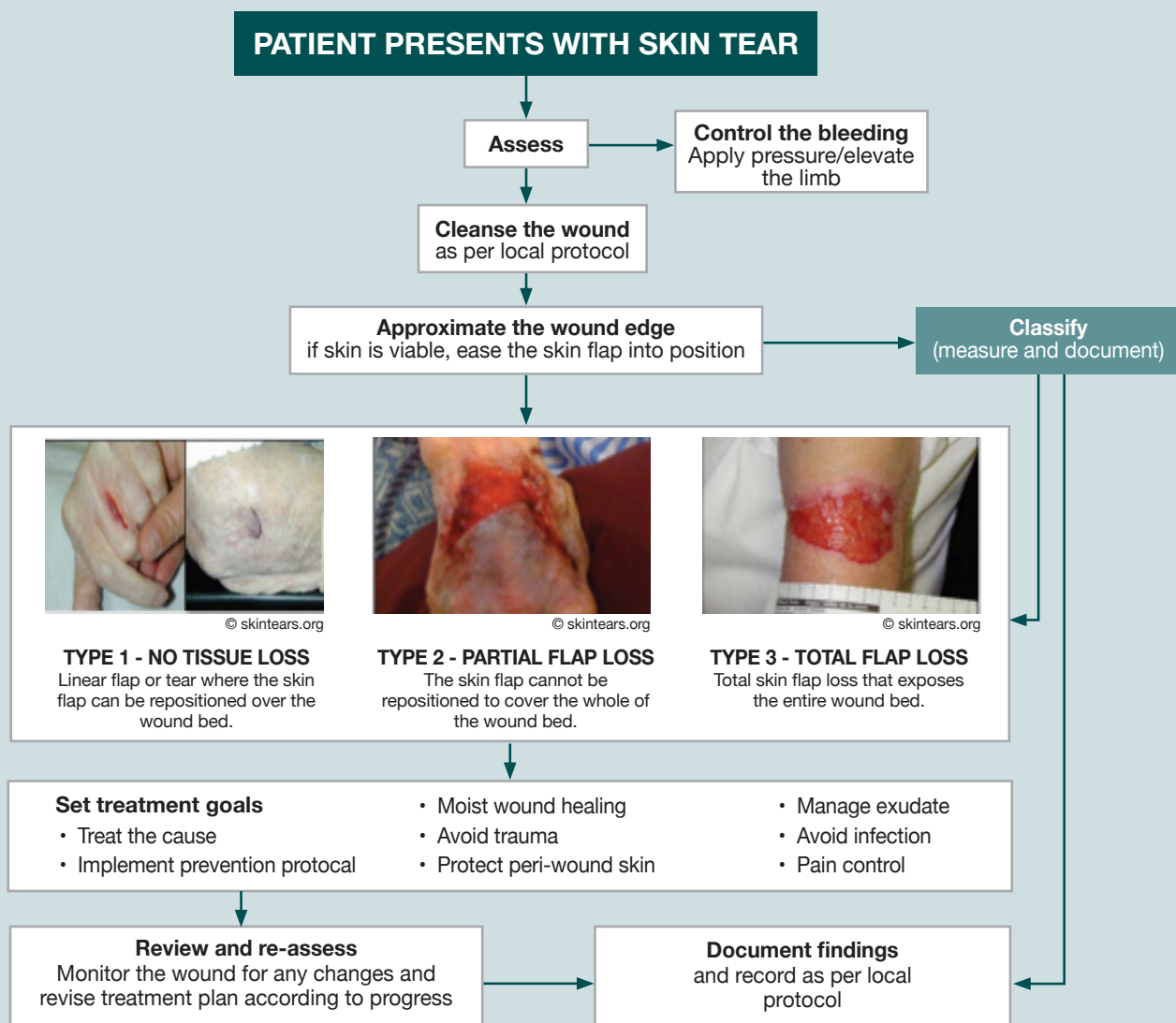
Fig. 1



## HINTS & TIPS

- ❌ **DO NOT USE** closure strips e.g. steristrips to approximate wound edges.
- ✅ The dressing should be left in place depending on skin tear type (see Step 5)
- ✅ Only change Kliniderm dressing if wound exudate/blood levels require
- ✅ Draw arrow to show direction of removal and date when applied
- ✅ Monitor for signs of infection
- ✅ Refer to a specialist if the flap deteriorates or there is no improvement
- ✅ Leave a 2cm overlap around the wound
- ✅ If the wound is healed, discontinue dressings and follow good skin care regime





## BOX CONTENTS CHECK LIST:

ITEM	QUANTITY	PIP CODE	PECOS CODE
Dressing pack	2	-	-
Saline 20ml	2	-	-
Aprons	2	-	-
Black permanent marker pen	1	-	-
Forceps	2	-	-
Kliniderm Foam Silicone Border Dressing 10x10cm	2	394-7249	216666

**RESTOCK  
BOX AFTER  
USE**



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