

Prontosan® Patient Information

SELF-CARE GUIDE FOR YOUR WOUNDS 'AT HOME'



LOOK AFTER YOUR WOUND

Prontosan Solution will help clean your wound when you change dressings; Prontosan Gel X will help to keep your wound clean underneath your dressings. This is important as cleansing wounds helps with healing.

You will have been given a bottle of Prontosan Solution and some gauze or pads to clean your wound. You may also have been given a tube of Prontosan Gel X to help you care for your wound at home.

STEP ONE

- Wash your hands
- Open your Prontosan Solution bottle (see instructions on the other side of the bottle)
- Soak the gauze or pad with Prontosan Solution until it is moistened
- Apply the soaked gauze or pad to the wound and leave for 5 -15 minutes (your nurse will tell you how long is best)
- Remove gauze and dispose as advised by your nurse

STEP TWO

- If you have a tube of Prontosan Gel X, apply a thin layer to the entire surface of the wound. There is no need to rub in.
- Apply the dressing as advised by your nurse
- Dispose of any used dressings, gauze etc as advised by your nurse
- Remember to wash your hands after dressing change is complete

HOW TO LOOK AFTER YOUR WOUND

NAME

START DATE

WHAT TO USE?

Prontosan Solution Gauze Prontosan Gel X

Dressing and other supplies

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HOW OFTEN SHOULD I CARE FOR MY WOUND?

Daily Weekly

Starting Starting

OR EVERY

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

COMMENTS

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HINTS AND TIPS

- Prontosan Solution and Prontosan Gel X can be kept at room temperature and does not have to be kept in the fridge
- Once open, Prontosan Solution and Gel X last up to 8 weeks – please write the date on your bottle and tube after opening
- Remember to look at the side of the bottle for opening instructions
- If you need more supplies, please ask your nurse or usual healthcare provider

REMEMBER TO WASH YOUR HANDS BEFORE AND AFTER YOU CARE FOR YOUR WOUND