

3M Medical Solutions

**How to Apply 3M™ Tegaderm™  
High Performance Foam  
Adhesive Dressings**  
for Wound Care Management



**Home Care Guide**

# You're strong enough to care.

Dressings should be strong enough to stay. 3M™ Tegaderm™ High Performance Foam Adhesive Dressings adapt to leakage levels, conform to the body<sup>1</sup> and are ideal for longer wear times. Here's to helping your patient progress and heal.

Use this step-by-step guide to apply dressings with care and precision.

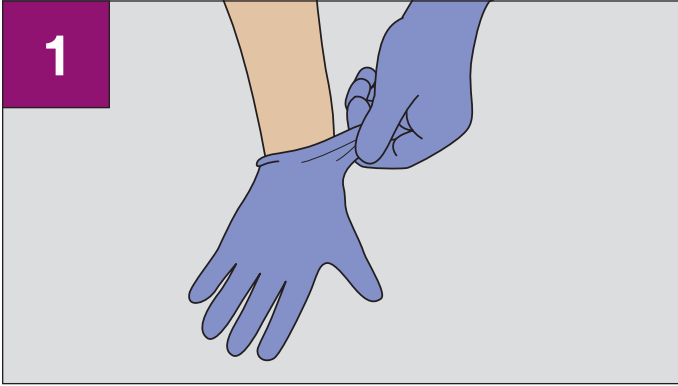
## Supplies needed

- 3M™ Tegaderm™ High Performance Foam Adhesive Dressings — ensure foam pad is larger than wound area
- Disposable Exam gloves
- Saline or irrigation solution
- Lint-free cloths
- Clean towels or underpads to protect patient and surfaces
- 3M™ Cavilon™ No Sting Barrier Film, as necessary
- Small plastic bag for soiled cloths, gloves and dressing packaging

1. 3M Study on file: EM-05-13245.

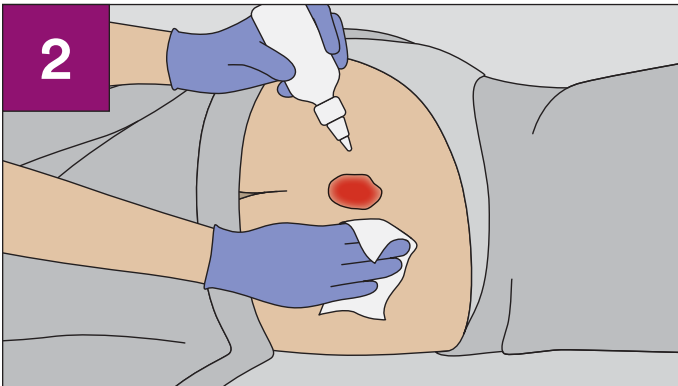
# Prior to Application

## Preparation



**Wash hands and set up a clean area with supplies. Apply gloves.**

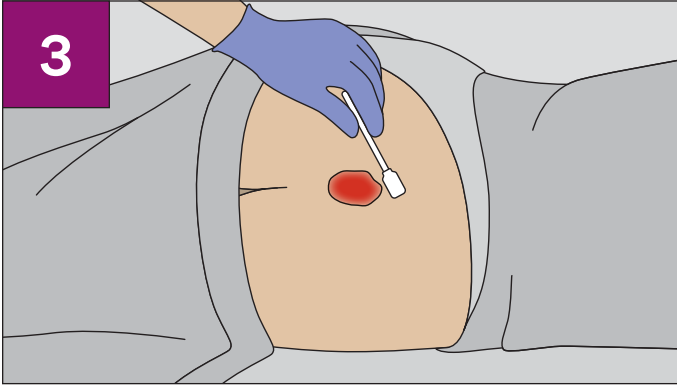
## Cleanse wound and skin



**Cleanse wound and surrounding skin.**

Remove soiled gloves and wash hands. Discard soiled gloves into plastic bag. Put on a new set of disposable gloves before applying the dressing.

## Protect fragile skin



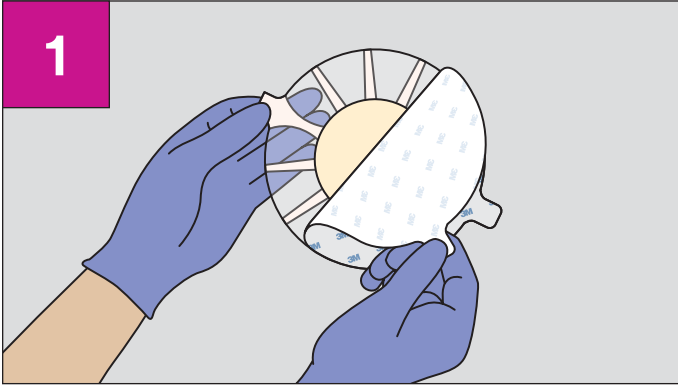
**If the skin surrounding the wound is fragile or exposure to wound exudate fluid is likely:**

Apply a barrier film, such as 3M™ Cavilon™ No Sting Barrier Film. Follow instructions for use. Let dry.

*If you believe there is an infection present, contact your health care provider. Tegaderm foam dressing may be used on infected wounds only under the care of a health care provider.*

# Applying the Dressing

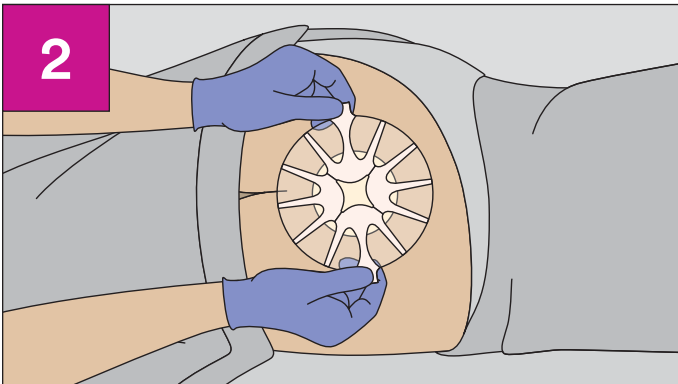
## Prepare dressing



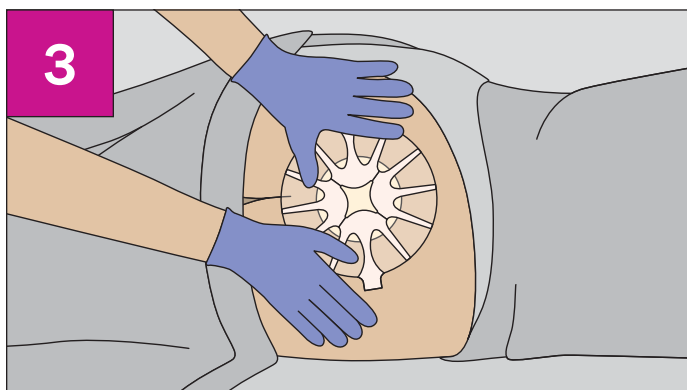
### **Remove dressing from package.**

Hold the dressing by one of the side tabs and remove the printed liner to expose the adhesive border.

## Position Dressing

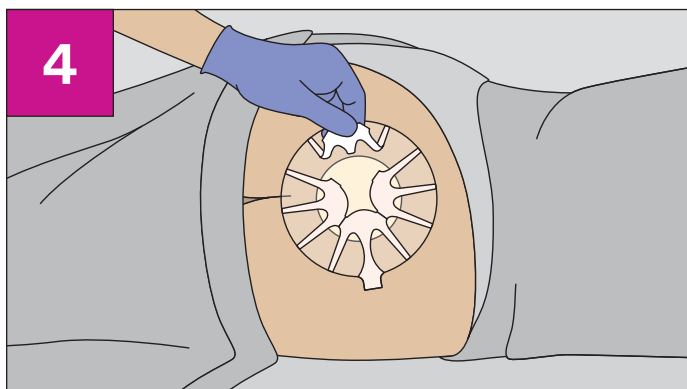


**While holding the side tabs, position the dressing over the wound and apply.**



**Gently press the adhesive film border to the skin.**

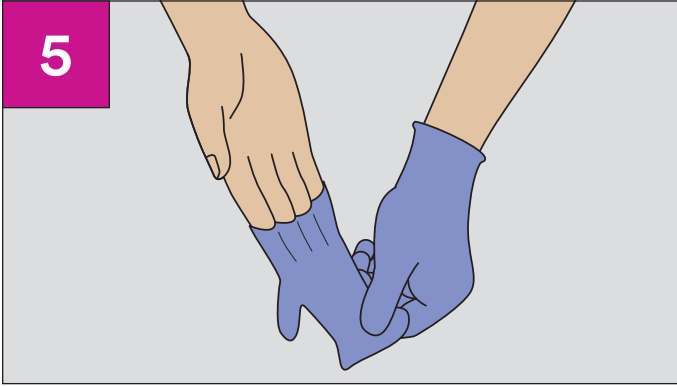
Avoid stretching the dressing or the skin during application.



**Remove paper carrier one section at a time.**

Begin at the center of the dressing, grasp one section of the paper carrier and pull toward the outer edge of the dressing while gently pressing down the film border. Repeat for each remaining section until all paper carrier is removed.

## Discard packaging



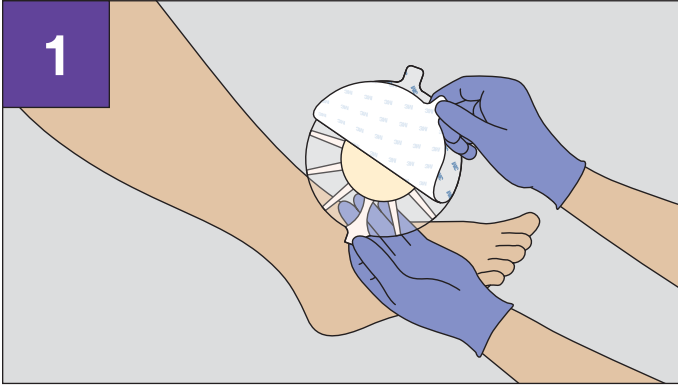
**Discard dressing packaging and gloves into plastic bag.**

Discard in regular household trash.

**More instructions**  
flip for other body site applications

# Heel/Contour Surface Application

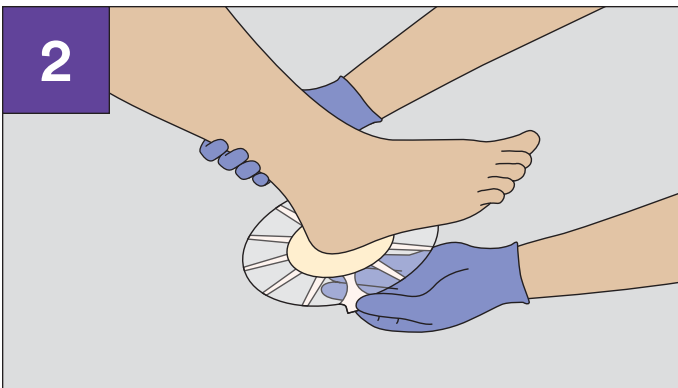
## Preparation



**Remove dressing from package.**

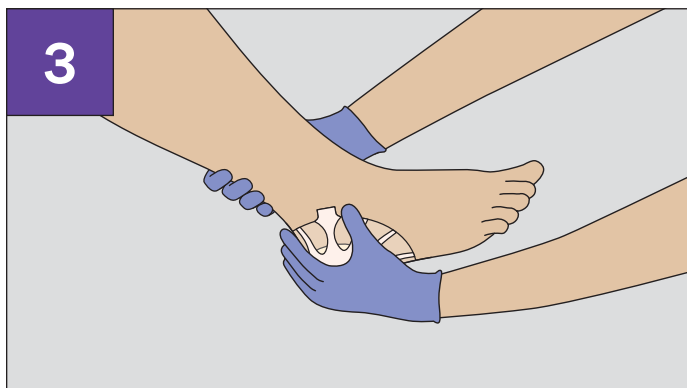
Hold the dressing by one of the side tabs and remove the printed liner, exposing the adhesive border.

## Position Dressing

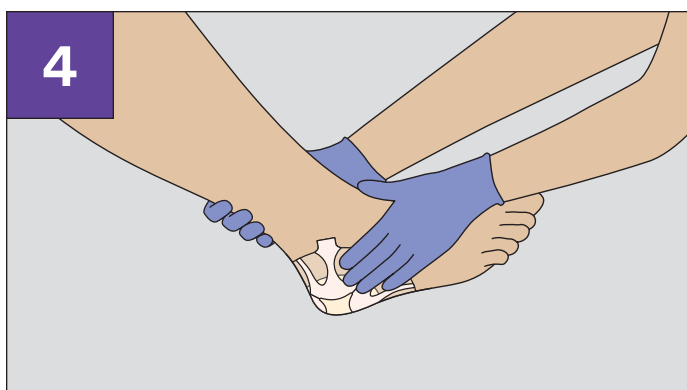


**While stabilizing the leg or surrounding skin with one hand, position the dressing over the wound.**

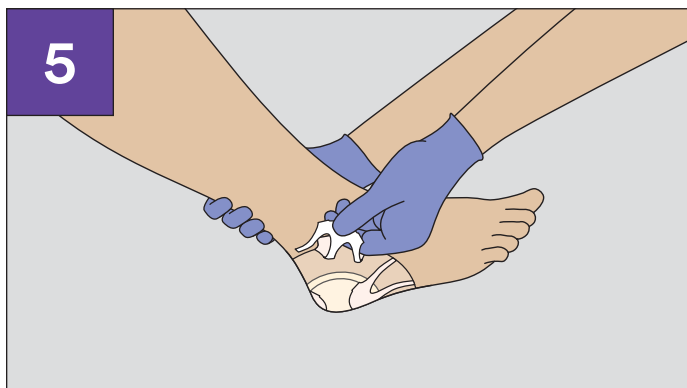




**With one hand, press or “cup” the dressing onto the skin.**

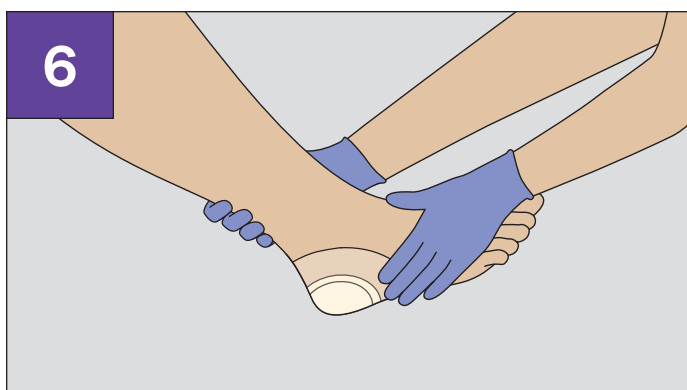


**Continue to press and conform the dressing and adhesive border onto the skin.**



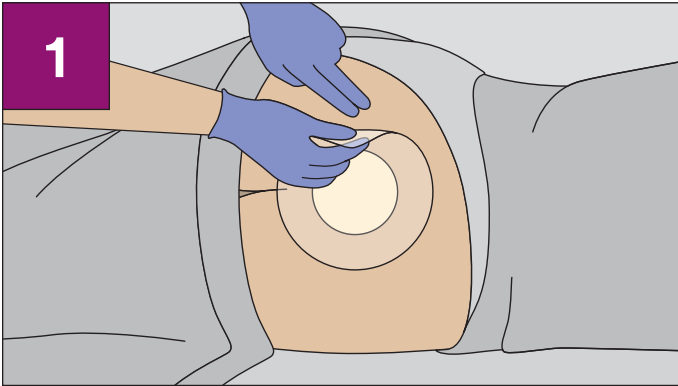
**Remove paper carrier one section at a time.**

Begin at the center of the dressing, grasp one section of the paper carrier and pull toward the outer edge of the dressing while gently pressing down the film border. Repeat for each remaining section until all paper carrier is removed.

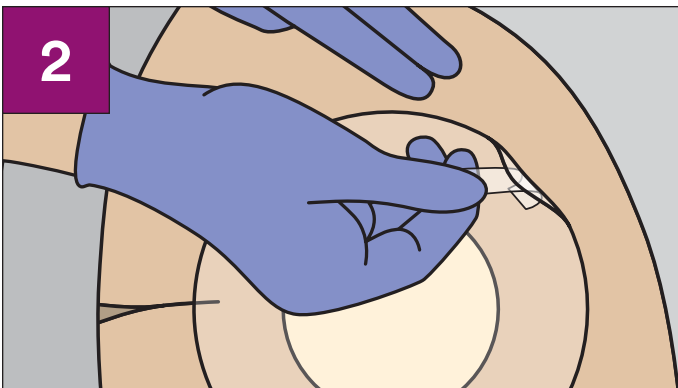


**Firmly press and conform the adhesive border to the skin.**

# Dressing Removal



**Gently lift the adhesive film border while pressing down on the skin.**



**If there is difficulty lifting the film border:**

Apply adhesive tape to the edge of the dressing and use the tape to lift.

**Learn more at  
3M.com/Medical**

## **Questions?**

If you have questions on how to use 3M™ Tegaderm™ High Performance Foam Adhesive Dressing, please contact your licensed health care provider.



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