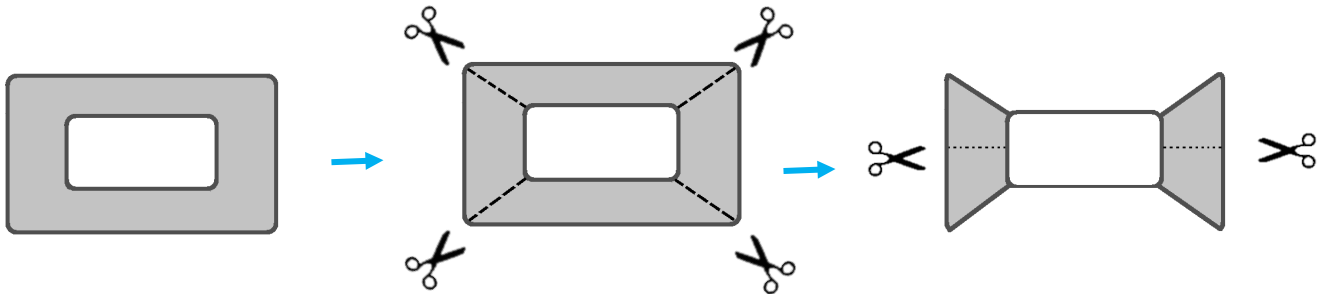


Hand Therapy

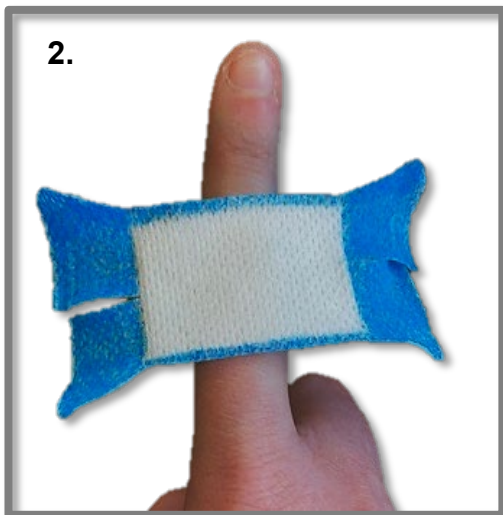
Dressing – Dry, Bow Shape

Change your dressing.....

1. Cut your dry dressing into a bow shape. Then cut a slit in each edge of the bow.



2. Place the pad over the wound.
3. Fold the edges of the plaster around the finger and stick down. Try to leave a gap over the skin crease to allow the joint to move.



To contact us email: qvh.handtherapy@nhs.net

Alternatively phone: **01342 414072**

Information at www.qvh.nhs.uk - Our services/Therapies/Hand Therapy