

# **Getting a Dressing Change in the Medical Day Unit at BC Children's Hospital**



This book contains a step-by-step experience to help prepare you for your dressing change in the Medical Day Unit.

## What is a dressing change?



During a dressing change, your bandages (called dressings) are taken off, your skin is washed, and new bandages are put back on. Each dressing change treatment is different. Even yours will change as your skin gets better.



## Who will take care of you?

There are many people to help you here in the hospital. Each person has a different job:

**Nurses:** Takes off your old bandage, cleans your skin and puts on a new bandage.



**Child Life Specialist:** You may meet a child life specialist. They prepare you for the dressing change and help you during your hospital visit.



**Doctor:** Looks at your skin and decides what it needs to continue to heal. You may meet a few doctors during your time at BCCH. They all work together.



Your burn dressing is going to happen in the Medical Day Unit (MDU).



To get there, you will go to the Oak Street Lobby.

Take the elevator up to the 2<sup>nd</sup> floor



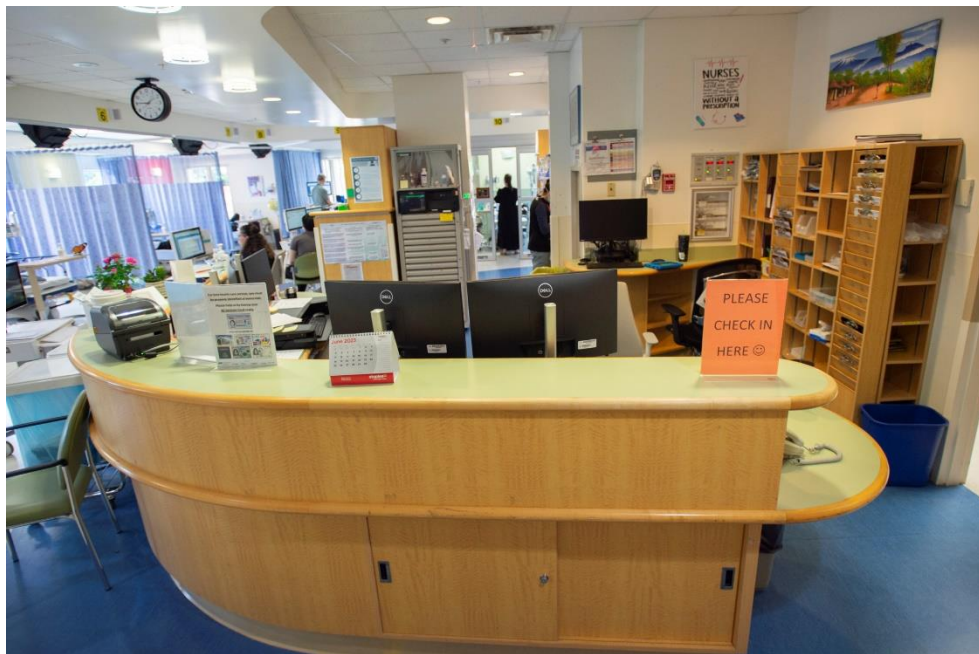
Turn left outside of the elevators and then turn right.

Walk through the sliding glass doors that say “Chieng Family Medical Day Unit”

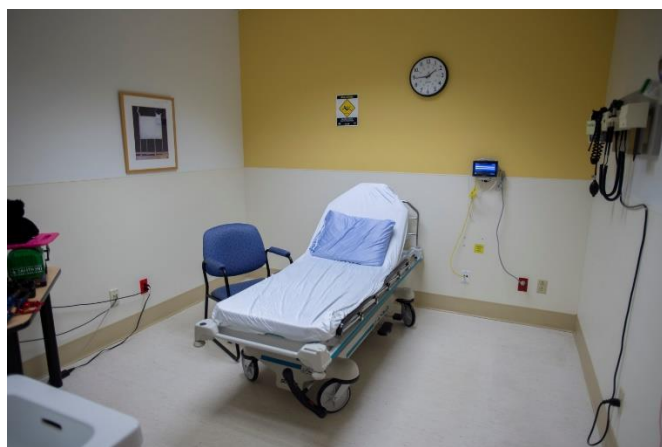




Follow the green arrows on the ground until you find the clerk. The clerk will check you in here. They will ask for your BC Health Card.



The clerk will tell you which bed or room to go to.



You will meet your nurse. You may have 1 or 2 nurses. They will ask you some questions.



Your nurse may give you medicine to help you feel more comfortable.



Next, your nurse will remove your dressing (the bandage). Sometimes the nurse will wait for the doctor to come before they remove your dressing. You can choose to play, watch a show, look away, or watch your nurse do this. It's your choice.



You will see a cart with these supplies on it.





Sometimes your nurse will use a wet wipe to make your bandage wet before taking it off.



Your nurse will take off the bandage. Sometimes there is a sticker that needs to come off first. The nurse will peel this off. This feels like taking off a Band-Aid. Some patients like to help the nurse do this.





Then your nurse will usually use dull scissors to take off the rest of the bandage. These scissors are not sharp, so they will not cut your skin. Some patients say this feels cold on their skin.



Once the bandage is off, your nurse will clean your burn with water and wipe it clean. Some patients say this feels cold or uncomfortable. Other patients say it doesn't bother them.



Your nurse will cover your burn with a clean cloth until your doctor arrives.



Sometimes you will have to wait a while for the doctor to come see you. We may have some toys for you to play with while you wait. You can also bring your own toys.







Your doctor will meet you, ask you some questions, and look at your skin. They will decide what your skin needs to keep healing.



If your doctor decides that your skin doesn't need a new dressing, the doctor or nurse will tell you and your caregiver how to care for your healed skin. And then you can leave.



If your doctor decides that your skin does need a new dressing, your nurse will do this for you. You will see a cart with all of these supplies.



Your nurse will put new dressings on your clean skin. These bandages have medicine that help your skin continue to heal. You can continue to play, or you can help!





Your nurse will cut a piece of the silver dressing to make it the size of your burn (or wound). They will soak it in water and cover it with a gel.





Then your nurse will put the silver dressing on your skin. Some patients say that this can feel uncomfortable for about 15 seconds. If it does, take some big breaths and count to 15.



Then they will put a piece of wet cloth over the silver dressing.



Your nurse will then cover this cloth with saran wrap or a clear sticker.



Next your nurse will cover all of this with a white bandage. If it is on your hand, they may give you a glove to wear.





Now you're done and you get to leave! Your job is to keep your bandages clean and dry until your next appointment. But don't forget to keep playing and enjoy yourself!





## Tips for Helping your Child Cope with their Dressing Change

1. Ask your medical provider about taking medicine before you arrive (Tylenol or Advil).
2. Bring a familiar toy or comfort item.
3. For infants, a soother or bottle can be good for pain management.
4. Be honest with your child about what will happen. Try not to hide the truth or leave out parts that you think might scare them. Although your child may be angry or upset about the upcoming procedure, telling them before the procedure builds trust in what you say. It gives your child an opportunity to work through some of their anxiety. It also allows you to reinforce with your child that you will support them through it. You don't need to provide every detail, but talk about things like:
  - What they will see, hear, feel
  - Who will be there
  - What they will be asked to do
5. Tell your child why the procedure is necessary.
6. Give your child an opportunity to tell you what they fear about the procedure.
7. One way to encourage your child to cooperate is to be calm and firm. Do not suggest that there is any choice about the procedure itself, but do offer as many realistic choices as possible. For example, "would you like sit on my lap or by yourself?"
8. Let the staff know how your child copes best.
9. Encourage your child.
10. It is natural for parents to feel nervous or anxious about these appointments. Think about ways to help yourself through this as well.

