



Instructions for Daily Contura MLB Dressing Changes

RECOMMENDED SUPPLIES:

- CLEAN DISPOSABLE GLOVES
- STERILE GAUZE
- STERILE 4X4'S and/or SPLIT DRAIN SPONGES
- PAPER TAPE
- ANTIBIOTIC OINTMENT (optional)
- ACE WRAP / MESH BRA / PATIENTS SPORTS BRA

CONTURA DRESSING CHANGE INSTRUCTIONS:

(To be performed daily following the completion of each radiation treatment.)

1. Remove all bandages prior to each radiation treatment
2. After treatment and utilizing sterile technique, cleanse the site with Hibiclens (or equivalent) and sterile gauze or Betadine swab sticks.
 - Use of antibiotic ointment at exit site is optional. If used, it should be a thin layer.
3. Ensure that the catheter exit site is covered with sterile gauze or split drain sponges.
4. Ensure that the "tail" of the catheter is bent to the contour of the patient's body and secured using paper tape and gauze.
 - 4X4's should be placed between the port caps and the patient's body for comfort.
5. It is important that the "tail" of the catheter be immobilized against the body as excessive motion may irritate the skin at the exit site and promote inflammation and/or infection. This can be accomplished using one of the following:
 - Paper tape and gauze (as mentioned previously)
 - An ultra wide Ace wrap that also serves as a support bra
 - "Surgilast" Tubular Elastic Dressing Retainer (mesh bra)

We understand that each case is unique and therefore we recommend that the surgeon use their discretion to ensure that all of the aforementioned steps are appropriate, so as to provide the best care and ensure the comfort of the patient.