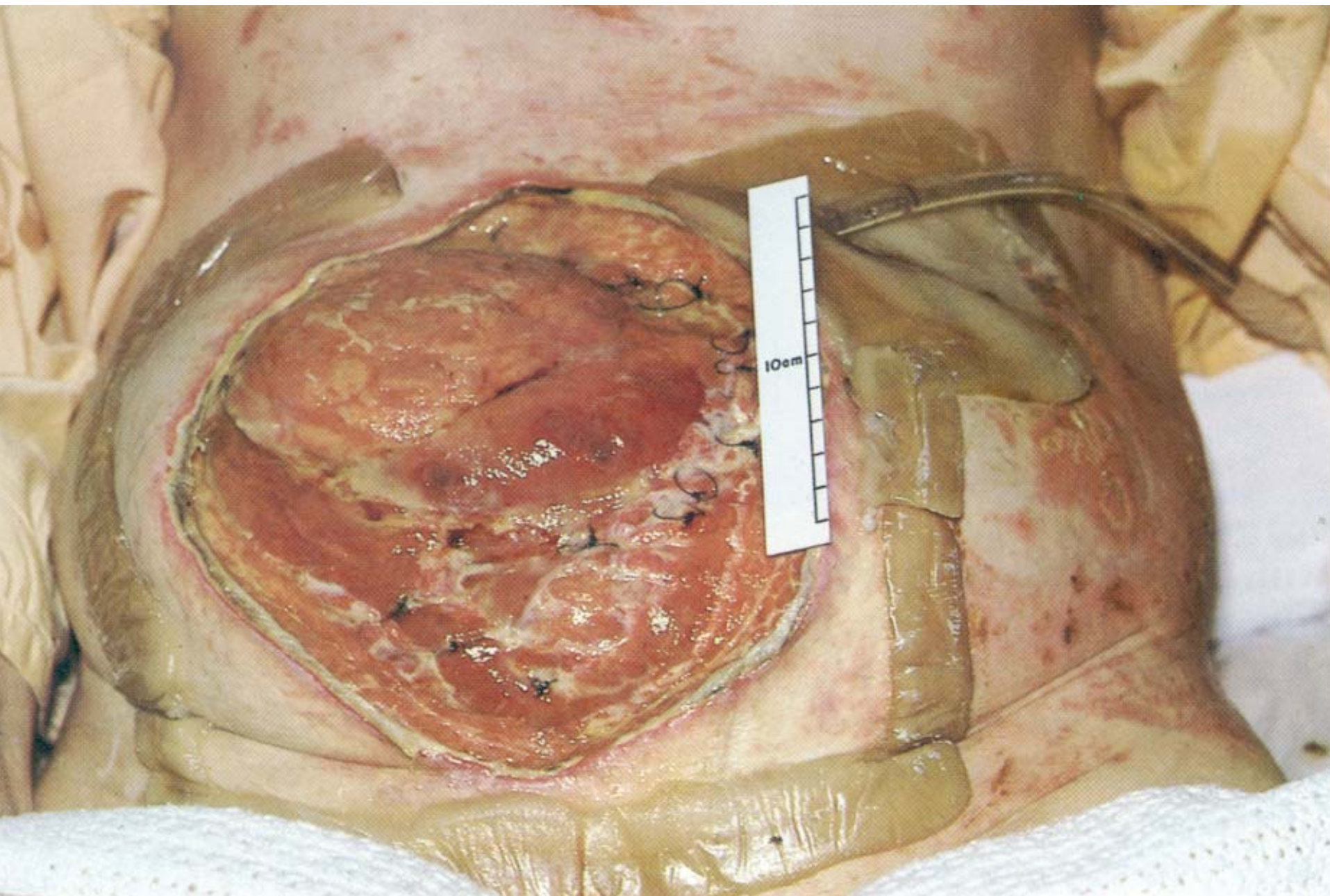




Handy Tips

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Holding things in place

- **Wounds to the head are hard to dress- consider Cohesive gauze bandages**
- **Consider window framing a wound if needing to redress regularly with adhesives**
- **If worried about skin integrity make a 'many tail' binder for complex abdo/trunk wounds**





Dressings for Bleeding Considerations

- **Calcium alginates**
- **Gelfoam (absorbable gelatin foam)**
- **Surgicel (absorbable oxidised regenerated cellulose)**
- **Exudry, more due its anti-shear properties**

Solutions

- **Adrenaline**
- **Por 8 (ornipressin)**



Exudate

- Excessive exudate reduces quality of life
- Increases client/carer stress and fatigue
- Peri-wound condition is also compromised
- The patient has a sense of always feeling 'dirty'



If all absorbent pads have been tried then try paper backed continence aids, also lactation pads are useful.





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Keeping Tendon & Bone Moist

- **Thicker hydrogels—Purilon gel – Coloplast, Aquaform—Unomedical, DuoDerm gel-Convatec**
- **TenderWet Active---Hartmann**



Haematoma Evacuation

- **Impregnate packing gauze with a hydrogel, slide into cavity and remove daily**
- **When changing dressings also gently ‘milk’ the area**





Pilonidal Sinus Regime

- **Calcium alginate from theatre—change in 24 hours**
- **Next dressing –Aquacel, rolled gauze, Melolin and anchor in place with polyacrylate tape. Daily**
- **Should progress well at each dressings change**
- **If not progressing move to Mesalt daily with Tampon and tape and firm lycra shorts**
- **If Mesalt begins to stick change to Iodosrb, Tampon and lycra shorts, daily**





Venous Eczema

- **Thick plaque like skin requires rehydration with occlusive ointment--- Eucerin –S & N, or new Intensive Moisturiser –Ego**
- **When all dead keratin skin removed this will now be too occlusive and you need to move to a lighter moisturiser--- Dermaveen—Dermatech or Cavilon Barrier cream---3M**

Venous eczema, may be wet or dry, 'waxy' plaque like skin, quite exudative, may leak visibly when dependant.



Under-cast Padding

- **Must be conformable, newer varieties are flexible---Soffban—S & N, Rolta soft—Hartmann, Surepress padding---Convatec**
- **Alternatives could be the devices used to protect skin**



Skin Protectors

- **Protect-a-limb---MacMed Healthcare**
- **Skin Protecta----MacMed Healthcare**
- **Samma Frotte---Biomet**
- **Dynacast liner---S & N**



Malleolus/Perforator Padding

- **Important to look at the leg and pad concave areas---S & N (Jobst) have Venous Stasis specifically for the ankle, Kompex --- Lohmann.**
- **Alternative is camping sleeping mat**



Modifying Compression

- **3 layers of straight elasticated tubular bandage of varying lengths**
- **Shaped elasticated tubular bandages**
- **Elset S- Aaxis Pacific & Lastodur light--- Hartmann**
- **20 mmHg socks**
- **Elasticated tubular bandage and cohesive bandage**
- **Cohesive bandage over sock or stocking**



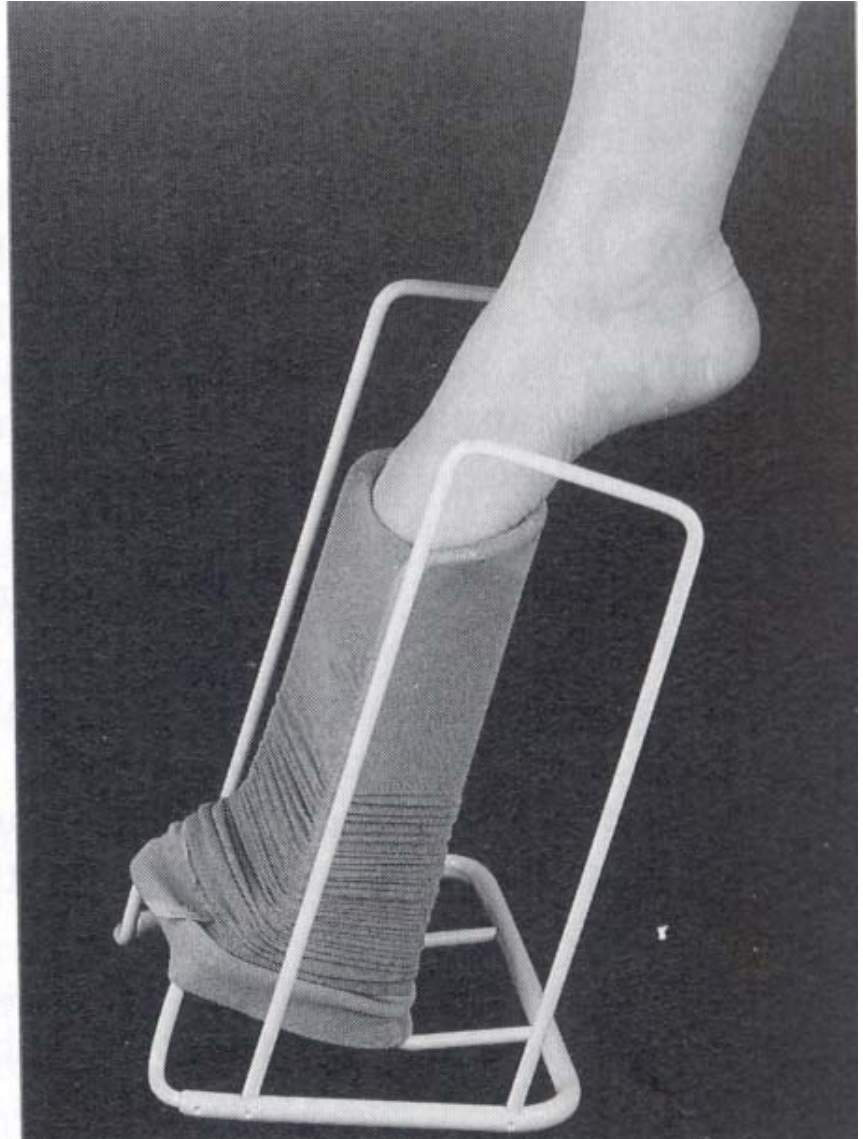
Zinc Bandages

- **Thick dry scaly skin use Gelocast, sets semis rigid offering about 6 mmHg and pulls off dead skin when removed**
- **Move to Steripaste –Aaxis Pacific or Flexidress---Convatec is skin in good condition**
- **If skin still drying out Zip Zoc –S & N as it also has paraffin**

Getting Stockings On

- **Stockings donners—metal frames**
- **Easiglide**
- **Eureka On--- Biomet**





Venous Itch

- **Dermadrage---Dermatech**
- **Uroderm---Orion**
- **Calmurid**

All have 10% urea cream

Heat aggravates itch so cooling limb at night is essential, packet of frozen peas, cold pack, wet flannel on knees and toes

Shear & Friction Reduction

- **Gelbo----MacMed Healthcare**
- **Gelibo----Confident Care**



Excoriation following FLEET for colonoscopy

**No plastic, Critic Barrier cream ,
Easiclense skin cleanser, consider
antifungal**



Excoriation

- **Ensure no fungal problems—treat**
- **Critic Barrier Cream—Coloplast--- remember to get the Easiclens also**
- **Extra Protective Barrier Cream—S & N**
- **When all healed use Mum Original Roll on deodorant as a preventative agent**



Dry Black Tissue ? Healing Ability

- **If no hope of healing and all is 'innocent' then paint with Betadine Solution**
- **Dry gauze between toes or over area and expose to air do not occlude**
- **Protect from further damage**



Unusual Contours

- **Aim would be to build the entire surface to the same level—this reduces trauma and shear and friction.**
- **If shear and friction are issue always take the edge of the tape further away from the friction site**

Compression or Resistance?

- **Think about an elastic garment versus and inelastic garment and try to work out why you still have oedema in some legs with compression**