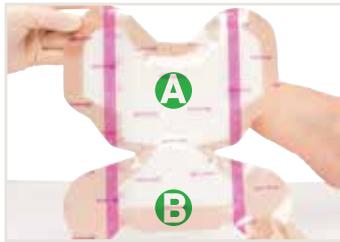


Pressure Injury/Ulcer Prevention to the Heel*

Mepilex® Border Heel



Prepare the area:

Cleanse intact skin. Dry the surrounding skin thoroughly. Ensure that skin is free of dimethicone, skin sealants, and emollients. Use of skin barrier under dressing is not necessary.

Mepilex® Border Heel ordering information†

Product code	Size
282790	8.7" x 9.1" [22 x 23 cm]



1. After the skin/wound is prepared, dry the area thoroughly. Remove the central backing film and slide the dressing under the heel to the desired location.



2. Apply the adherent part of the dressing marked "A" (see illustration) to the posterior heel/Achilles tendon areas, positioning the narrowest part of the dressing at the base of the heel. Do not stretch.



3. Remove the backing film from one of the area "A" flaps (ankle flaps). Apply and smooth. Repeat with the other side. Do not stretch.



4. Gently apply the adherent part of the dressing marked "B" (see illustration) under the plantar surface of the foot. Do not stretch.



5. Remove the backing film from one of the area "B" flaps (flaps with tabs). Apply and smooth border. Repeat with the other side. Do not stretch.



6. Press and smooth the dressing to ensure the entire dressing is in contact with the skin.

NOTE: Mepilex® Border dressings may be used while clinician is working to resolve an existing wound. However, do not use dressing with dry, intact eschar.

Z-Flex™ Fluidized Heel Boot



1. Remove the Z-Flex™ Fluidized Boot from the bag and open all the straps.



2. Place the foot and lower leg in the boot with the heel centered over the heel opening. The Achilles tendon should be resting on the fluidized positioner in the boot.



3. Secure the elastic shin straps starting from either the bottom strap closest to the ankle working up towards the knee or starting at the knee working towards the ankle. Do not over-tighten the straps.



How to use with Sequential Compression Devices (SCD)

The Mölnlycke Z-Flex™ Fluidized Heel boot can accommodate most sequential compression devices. Ensure that no tubes or lines exit the boot through the heel opening or the top of the boot. Lines should never come in direct contact with the patient's skin. If possible, exit lines or tubes between the first shin strap and the ankle support strap. Other acceptable exits can be found between the first and second elastic shin strap or the second and third elastic shin strap.



4. Attach both sides of the ankle support straps. Ensure the foot gate is gently closed over the bottom of the foot. DO NOT cross the ankle support straps.



5. The foot should be in an anatomically neutral position.



6. To access the foot, detach both ankle support straps and open the gate. To reapply, close the gate over the foot and reattach the ankle support straps.

NOTE: When soiled, clean heel boot with a facility-approved non-bleach disinfectant.

Z-Flex™ Fluidized Heel Boot ordering information

Product code	Description	Pcs/case
1400122	Z-Flex™ Fluidized Boot - heel protector, gate, and ankle strap	2
1400123	Z-Flex™ Fluidized Boot - heel protector, gate, and ankle strap	8

1-800-843-8497 | www.molnlycke.us | 5550 Peachtree Parkway, Suite 500, Norcross, GA 30092

*To be used as part of an individualized, comprehensive pressure ulcer prevention protocol.

†Packaged sterile in single packs.



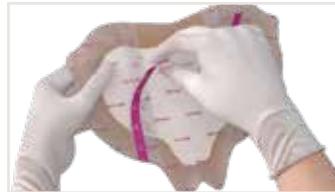
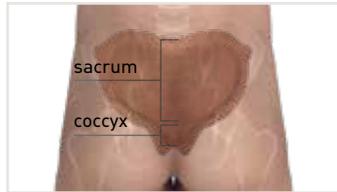
Post-acute care

Pressure Injury/Ulcer Prevention to the Sacrum*

Mepilex® Border Sacrum

Prepare the area:

Cleanse intact skin. Dry the surrounding skin thoroughly. Ensure that skin is free of dimethicone, skin sealants, and emollients. Use of skin barrier under dressing is not necessary.



Mepilex® Border Sacrum ordering information†

Product code	Size
282055	6.3" x 7.9" (16 x 20 cm)
282455	8.7" x 9.8" (22 x 25 cm)

1. Assess the patient's anatomy and determine appropriate dressing positioning.

2. After skin is prepared remove the center release film.

3. Hold buttocks apart. Apply dressing to sacral area and into upper aspect of gluteal cleft.



NOTE: Mepilex® Border dressings may be used while clinician is working to resolve an existing wound. However, do not use dressing with dry, intact eschar.

4. Remove side release films and gently smooth each side into place.

5. Press and smooth the dressing to ensure the entire dressing is in contact with the skin.

Z-Flo™ Adult Fluidized Positioner

Always:

- Start with a flattened positioner for initial positioning and/or repositioning
- Cover positioner with a layer of linen or a disposable covering

Facility recommendations:

- Label positioners with date and patient's name using an indelible marker
- Positioners are single patient use but can travel with the patient across the continuum of care¹
- When soiled, clean positioner with a facility-approved non-bleach disinfectant

Z-Flo™ Fluidized Positioner ordering information

Product code	Description	Dimensions	Pcs/case
1401003	Utility Positioner - Medium with tab	16" x 30"	1
1401011	Utility Positioner - Medium	16" x 30"	1
1401005	Utility Positioner - Large	25" x 36"	1



1. Choose a positioner that runs the length of the patient's shoulders to sacrum.

2. Turn patient just past the desired angle and place positioner against the support surface where it meets the patient's back. The positioner should extend from the patient's shoulders to sacrum.



3. Allow the patient to slightly roll back onto the positioner at the desired angle and then, using flat hands, mold the positioner to the patient's back.

4. Ensure the patient's body is in neutral alignment. For patients in a side-lying position, separate the knees and ankles with a positioner or pillow.

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†Packaged sterile in single packs.

Reference: 1. Brennan MR, Laconti D, Gilchrist R. Using conformational positioning to reduce hospital-acquired pressure ulcers. *J Nurs Care Qual.* 2014;29(2):182-187.
The information provided herein is not to be construed as the practice of medicine or substituted for the independent medical judgment of a patient's treating clinician. This information, including but not limited to suggestions for product wear time, product selection and suggested use is based on generalizations and does not consider the unique characteristics of an individual's wound. Each patient's clinician shall remain solely responsible for assessing the severity of patient wounds, determining the appropriate treatment, and managing treatment of the wound. For additional information, please refer to the applicable product insert or contact Mölnlycke Health Care at 1-800-843-8497.

The suggested topical management options and change rates are the treatment choice of your facility and may not reflect the opinions of Mölnlycke Health Care.

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