

A Pocket Guide

Application and Cutting Guide

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A patient-centered approach to wound management

This application and cutting guide has been developed by specialists who, in their daily work as clinicians, are dealing with difficult-to-dress wounds.

The application of a dressing should form part of a holistic wound management plan with patient-centered goals. One important goal may be to facilitate faster wound healing by providing the optimal environment for healing to proceed. However, it is necessary to view the whole patient, the underlying cause, and patient-related concerns before treating the wound itself.¹

Patient-centered concerns are important to keep in mind as individuals with chronic wounds not only have to deal with having a wound, but they also have to face the unfulfilled expectations of healing and its consequences, e.g. odor, leakage, maceration, pain, infection, or social isolation.

Despite the availability of a huge range of wound care dressings and education in the area of tissue viability, some wounds remain a challenge to dress in practice.²

If you have any questions or suggestions to shapes not listed in this guide, please contact your local Coloplast office, at 1-800-533-0464.

References

1. Sibbald, R.G. et al, Preparing the Wound Bed 2003: Focus on infection and inflammation, *Ostomy/Wound Management*, November 2003, Vol. 49 (11): 24-51.
2. Fletcher, J. A practical approach to dressing wounds in difficult positions. *British Journal of Nursing*, 1999, Vol. 8 (12): 779-786.



Washing hands

Disclaimer: These are general guidelines. Check and follow local treatment recommendations applicable in your healthcare institution.

Always remember to wash your hands before and after the application of a dressing.



Ears



For wounds caused where oxygen tubing rubs on the ears, cut half way into a thin hydrocolloid (the piece should be approx 2 x 3 cm), anchor to the flat of the head with the uncut half, and then place the other two sections around the ear. These can also be adapted for the nasal region.



Ears



Use a thin hydrocolloid (5 x 7 cm), cut into a strip, fold in half lengthways, then cut a 'fringe' along one edge (the cuts should be approximately 0.5 cm apart). Apply the uncut edge of the dressing first, and use the cut edges to fold around the shape of the ear. If the wound is wet, use a small piece of alginate underneath.



Ears



Use a non-adhesive foam dressing for this kind of wound. Cut the dressing in order to fit the size of the ear. Chose a suitable secondary dressing to keep the dressing in place.



Elbows



Cut two small slits in an adhesive foam dressing and apply it. Mold the slit around the elbow. Remember to apply the dressing with the patient bending the arm in a 90° angle.



Hands



For margin of hand, cut one slit towards the edge of an adhesive foam dressing. Apply over the first or fifth digit (as appropriate). To anchor the dressing, mold the remaining dressing to the hand.



Fingers



For wounds between the fingers, cut a small foam dressing and slide onto the finger. Use a secondary dressing to secure the foam dressing.



Fingers



For small wounds on and between fingers, a thin hydrocolloid dressing can easily be cut into small strips to fit the wound.



Fingers



For multiple digits, use a thin hydrocolloid dressing and cut to fit over fingers.



Heels



There are various adhesive foam heel dressings available, consider which of these shapes is best for your patient.



Axilla



An adhesive foam heel dressing can be a good solution for dressing the axilla area. Keep the direction of fluid in mind and apply the largest part of the dressing as illustrated in the photo.



Sternum



A hydrocolloid contour dressing is particularly suitable for the sternum area.



Peristomal



When the wound is close to an ostomy, contour an adhesive foam dressing around the ostomy appliance.



Sacral



There are various sacral dressings available; consider which shape is best for your patient's bottom. Ensure that you differentiate between pressure ulcers and moisture lesions, as the supporting management differs greatly.



Sacral



If the wound has drainage (moderate to heavy), use a foam dressing.



Bunion



Use a non-adhesive foam for the hallux toe and for inter-digital ulcers. Secure with a secondary dressing.



Toes



Cut a non-adhesive foam dressing and use it for inter-digital wounds. Secure this with a secondary dressing.



Toes



Use a small non-adhesive foam dressing for the tip of the toes and for inter-digital ulcers. Secure with



Toes



Cut a bow-tie shape into a thin hydrocolloid dressing. Use the slimmest dressing possible, considering footwear. Often, a non-adhesive dressing with separate fixation will work better than an adhesive dressing due to the pressures applied to the feet when walking.



Toes



For draining wounds, use a foam dressing. Additional fixation is required.

Selection of wound care products

Biatain® Ag Foam Non-Adhesive



Size	Product Code
4" x 4"	9622
6" x 6"	9625

Biatain Silicone



Size	Product Code
3" x 3"	3434
4" x 4"	3435
5" x 5"	3436
6" x 6"	3437
7" x 7"	3438

Biatain Ag Foam Adhesive



Size (cm)	Product Code
5" x 5"	9632
7" x 7"	9635
9" x 9" Sacral	9641
7½" x 7½" Heel	9643

Biatain Silicone Lite



Size (cm)	Product Code
3" x 3"	3444
4" x 4"	3445
5" x 5"	3446

Biatain Foam Non-Adhesive



Size	Product Code
2" x 2¾"	6105
4" x 4"	3410
6" x 6"	3413
8" x 8"	3416

Biatain Soft-Hold



Size	Product Code
2" x 2¾"	3473
4" x 4"	3470
6" x 6"	3475

Biatain Foam Adhesive



Size	Product Code
4" x 4"	3430
5" x 5"	3420
7" x 7"	3423
9" x 9" Sacral	3485
7½" x 7½" Heel	3488

Comfeel Plus Clear Dressing



Size	Product Code
2" x 2¾"	3530
3½" x 5½"	3536
4" x 4"	3533
6" x 6"	3539

Comfeel® Plus Sacral



Size	Product Code
7" x 8"	3285

Comfeel® Plus Contour



Size	Product Code
24 sq. in.	3280
42 sq. in.	3283

“This guide is an aid to the practical application of dressings, however, dressings are only one component of holistic patient-centered wound management”

Faculty Panel

General Notes

Disclaimer: These are general guidelines, check and follow treatment recommendations applicable in your healthcare institution.

- >> Always assess the cause of the wound.
- >> Follow your local infection control guidelines to prevent cross infection. Use a silver dressing in case of bacterial or fungal infection.
- >> Use a pair of sharp, clean scissors.
- >> Always remember to cut across the peel back, or the backing paper will be difficult to remove.
- >> When cutting dressings, always round off the edges for better adhesion.
- >> For adhesive dressings, keep the backing film as a template for next application on your patient. For non-adhesive dressings, draw a template on the pouch.
- >> Always take care of the surrounding skin. Use of skin protection is recommended.
- >> Most manufacturers recommend placing the dressing over the center of the wound. Consider the effect of gravity and apply the dressing to account for the direction of fluid drainage.
- >> Do not apply dressings with tension as this may cause blistering.
- >> Although some dressings might provide padding and reduce friction, they do not relieve pressure.
- >> For all joints, the principles of application are similar. Examples given here on heels, elbows, and knees may be used on any of these joints.

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Elise Sørensen is a nurse. Her sister Thora has just had an ostomy operation and is afraid to go out, fearing that her stoma might leak in public. Listening to her sister's problems, Elise creates the world's first adhesive ostomy bag. A bag that does not leak, giving Thora – and thousands of people like her – the chance to return to their normal life. A simple solution with great significance.

Today, our business includes ostomy care, urology and continence care, and wound and skin care. But our way of doing business still follows Elise's example: we listen, we learn and we respond with products and services that make life easier for people with intimate healthcare needs.

For more information visit www.woundcare.coloplast.com

Ostomy Care
Urology & Continence Care
Wound & Skin Care

Coloplast develops products and services that make life easier for people with very personal and private medical conditions. Working closely with the people who use our products, we create solutions that are sensitive to their special needs. We call this intimate healthcare. Our business includes ostomy care, urology and continence care and wound and skin care. We operate globally and employ more than 7,000 people.

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