

## Medihoney™ Antibacterial Honey Gel Sheet™ Dressing

### Gather Supplies:

- ✓ Wound Cleanser (sterile saline or wound cleanser)
- ✓ Gauze pads
- ✓ Secondary dressing (gauze or absorbent dressing)
- ✓ Tape, transparent film or conforming gauze bandage
- ✓ Skin protectant such as Medihoney™ Barrier Cream™
- ✓ Gloves
- ✓ Medihoney™ Antibacterial Honey Gel Sheet™ Dressing
- ✓ Sterile scissors
- ✓ Garbage bag



### Change Dressing:

1. If you normally experience pain when you change your dressing, take your pain medicine according to your healthcare provider's instructions.\*
2. Wash your hands
3. Apply non-sterile gloves
4. Remove your dressing gently. If your dressing is difficult to remove, moisten with saline. Discard your dressing and gloves in the garbage bag. Wash hands.
5. Look at your wound. Look for signs of healing. Also look for any signs of increased redness, pain, swelling or heat within or around your wound. This may indicate wound infection. If you notice any of these, you should contact your healthcare provider.
6. Clean the wound and skin around the wound with saline or wound cleanser.
7. Dry the skin around the wound by patting gently with gauze.
8. Protect the skin around your wound by applying a barrier such as Medihoney™ Barrier Cream™. This protects your skin from moisture.
9. The Gel Sheet™ dressing has protective liners on either side of the dressing. Remove these prior to use.
10. Place Medihoney™ Antibacterial Honey Gel Sheet™ directly in the wound, ensuring it is in contact with the entire wound base. The dressing may be cut to size or folded over to fit within the wound. The dressings can be placed alongside or on top of one another to cover large or deep wounds. Alternatively, a deeper wound may be filled with Medihoney™ Antibacterial Medical Honey™ before applying the Gel Sheet dressing.
11. Cover with a secondary dressing appropriate to the amount of wound drainage.
12. Use tape, transparent film or conforming gauze bandage to secure in place.
13. The frequency of the dressing change will depend on your condition and the amount of wound drainage. The dressing may be left in place for up to seven days.

### Additional Instructions:

\* Some individuals may experience a stinging sensation when Medihoney™ is applied. This usually only lasts for several minutes but may last longer. If the pain cannot be managed with pain relief, your health care provider may suggest a different Medihoney™ dressing such as Medihoney™ Gel Sheet™. If you are still uncomfortable, remove the dressing, cleanse the wound and consult your healthcare provider.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

HEALTHCARE PROVIDER: \_\_\_\_\_

PHONE: \_\_\_\_\_



## MEDIHONEY™ Wound & Burn Dressing (Calcium Alginate Dressing with Active *Leptospermum* Honey) for the management of moderate to heavily exuding wounds

### GOAL

Prepare the wound bed and promote moist wound healing.

### GATHER SUPPLIES



- Wound Cleanser (sterile saline or sterile water or wound cleanser)
- Gauze Pads
- Cover Dressing (gauze, foam, or super absorbent dressing)
- Tape, transparent film, or conforming gauze bandage
- Skin protectant barrier wipe or barrier ointment
- Gloves
- MEDIHONEY™ Dressing
- Sterile scissor
- Disposal bag

### CHANGE YOUR DRESSING

1. If you normally have pain when you change your dressing, take your pain medicine according to your healthcare provider's instructions.
2. Wash your hands.
3. Apply non-sterile gloves.
4. Remove your dressing gently. If your dressing is difficult to remove, moisten with saline or water. Discard your old dressing in the disposal bag.
5. Look at your wound. Look for signs of healing. Also look for any signs of increased redness, pain, swelling, or heat within or around your wound\*.
6. Clean the wound and skin around the wound with sterile saline, sterile water or wound cleanser.
7. Dry the skin around the wound by patting gently with gauze.
8. Protect the skin around your wound with skin protectant barrier wipe or barrier ointment. This protects the skin around your wound from moisture.
9. Cut the MEDIHONEY™ dressing to fit your wound. Place the dressing in within the wound making sure the dressing is in contact with the wound base but not in contact with the periwound skin.
10. Cover the MEDIHONEY™ dressing with a cover dressing (gauze, foam, or super absorbent dressing).
11. Use tape, transparent film, or conforming gauze bandage to secure in place if needed.
12. The frequency of your dressing change will depend on your condition and the amount of wound drainage. With proper management of wound drainage, the dressing can be left in place for up to seven days, as is the case with compression devices or under off-loading devices.

### CALL YOUR HEALTHCARE PROVIDER

\*Call your healthcare provider if you notice any signs of the wound worsening. Report increased redness, pain, swelling, or heat on or around your wound.

MEDIHONEY™ WOUND CARE

THE NATURAL CHOICE IN  
INFECTION CONTROL.



THE GLOBAL LEADER IN  
MEDICAL-GRADE  
HONEY-BASED WOUND  
AND BURN CARE

### I HAVE HEARD HONEY CAN BE PAINFUL?

Some patients experience pain or a stinging sensation when the dressing is applied. This is due to the acidity of honey and is usually temporary lasting 10 - 30 minutes after the honey is applied. Taking an analgesic 30 minutes prior to your dressing change should be helpful. If you find that the analgesics do not stop the stinging and you are uncomfortable, remove the dressing, wash the honey off and consult your clinician.

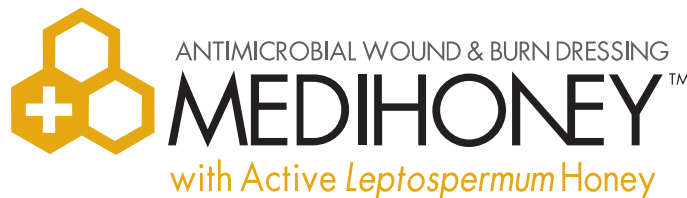
### WHEN SHOULD I NOT USE MEDIHONEY™?

Do not use Medihoney™

- on third degree burns
- if you have a known sensitivity to alginates or honey
- to control heavy bleeding.

### IS MEDIHONEY™ SAFE ON CHILDREN'S WOUNDS?

Yes. As a natural product, Medihoney™ can be used on children of all ages. Medihoney™ is a medical grade honey and is sterilized to kill bacterial spores such as clostridium botulinum.



### LIVING WITH A WOUND

Remember, dressings such as Medihoney™ can help a wound to heal, but a good diet, exercise and good control of medical conditions such as diabetes, are just as important to aid the healing process.

### CUSTOMER SERVICES

Derma Sciences Canada Inc.

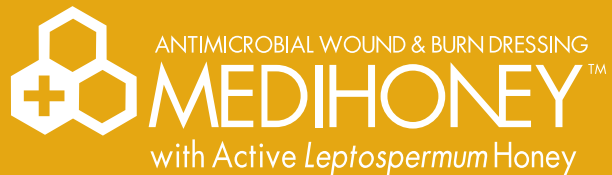
(P) 1-800-387-5302

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Website: [www.dermasciences.com](http://www.dermasciences.com)



PATIENT INFORMATION GUIDE  
HONEY THE NATURAL CHOICE IN WOUND CARE



## MEDIHONEY™ WOUND CARE

### THE NATURAL CHOICE IN INFECTION CONTROL.



#### WHAT IS MEDIHONEY™?

Medihoney™ is made from Active *Leptospermum* honey and has special antimicrobial properties. Medihoney™ has been clinically proven to combat different bacteria (germs) including drug resistant infections such as MRSA.

It is a medical grade honey intended for wound care. It is standardized; sterilized to kill bacterial spores (such as clostridium botulinum); it comes from a traceable source; produced under hygienic conditions and is free of pesticides and antibiotics.

Medihoney™ with Active *Leptospermum* Honey:

- Offers protection against invading bacteria,
- Is effective against a wide variety of bacteria including MRSA,
- Cleans the wound, rapidly lifting dead tissue,
- Reduces wound odour,
- Provides a moist environment to aid healing.

#### HISTORY OF HONEY IN WOUND CARE

Honey has been used in wound healing for many centuries. Evidence for its wide range of medicinal uses has been found in ancient texts dating back over 2000 years from a variety of different cultures. Honey was also used on the battlefields during World War I and II but went out of fashion when antibiotics were used to kill bacteria.

#### WHY SHOULD I USE HONEY ON MY WOUND?

These days bacteria have developed resistance to antibiotics. Honey is a natural product that may be used to assist in the treatment of wounds and control of infection. There is no known resistance to antibacterial honey.

#### WHY CAN'T I USE ANY HONEY?

The honey available in stores for cooking and eating is often not sterilized and can carry a small risk of infection if used on wounds. It is usually heat treated which would remove a lot of the beneficial properties from the honey.

The type of honey sold in stores may not have the same strong antimicrobial properties as Medihoney™.

#### CAN I STILL USE MEDIHONEY™ IF I AM A DIABETIC?

Yes. You can still use Medihoney™. The sugar within the honey draws out fluid and cleans the wound rather than putting sugar into the wound. Diabetic patients and their wounds should be monitored under clinical care.

#### IS THERE A TIME LIMIT FOR USING MEDIHONEY™?

No. Medihoney™ can help a wound throughout its healing process and can be used as long as you have the wound. Your clinician will advise you.

#### HOW OFTEN SHOULD THE DRESSING BE CHANGED?

There is no set rule for this. Medihoney™ can be left up to 7 days on a wound. The nurses will be guided by the amount of fluid coming out of the wound and your medical history. If there is a lot of fluid and the covering dressings become saturated the dressing may need changing daily. Your clinician will advise you.

#### ARE THERE SPECIAL PRECAUTIONS I MUST TAKE WHEN REMOVING THE DRESSING?

Remove the dressing from the wound bed gently. If applied correctly the dressings should not stick. If it does the dressing may have been left on too long or it may be time to use a different type of Medihoney™ dressing. Your clinician will advise you. If the dressing is not easily removed, moisten it with sterile saline until it is removed without difficulty.

#### ON REMOVAL, WHY IS THE DRESSING "DIRTIER" THAN BEFORE?

Sometimes the wound may initially become wetter and look larger or the dressing appears "dirtier" after the application of Medihoney™. This is because all the dead tissue and harmful fluids are being removed to get the wound healing again.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

HEALTHCARE PROVIDER: \_\_\_\_\_

PHONE: \_\_\_\_\_



## MEDIHONEY® Dressing

(Active *Leptospermum* Honey-100%) for the management of hard-to-dress wounds and other wounds that would normally require a wound gel or paste

### GOAL

Prepare the wound bed and promote moist wound healing.

### GATHER SUPPLIES

- Wound Cleanser (sterile saline or sterile water or wound cleanser)
- Gauze Pads
- Cover Dressing (gauze, foam, or super absorbent dressing)
- Tape, transparent film, or conforming gauze bandage
- Skin protectant barrier wipe or barrier ointment
- Gloves
- MEDIHONEY® Dressing
- Optional accessory applicator tip insert
- Sterile scissor
- Disposal Bag



### CHANGE YOUR DRESSING

1. If you normally have pain when you change your dressing, take your pain medicine according to your healthcare provider's instructions.
2. Wash your hands.
3. Apply non-sterile gloves.
4. Remove your dressing gently. If your dressing is difficult to remove, moisten with saline or water. Discard your old dressing in the disposal bag.
5. Look at your wound. Look for signs of healing. Also look for any signs of increased redness, pain, swelling, or heat within or around your wound\*.
6. Clean the wound and skin around the wound with sterile saline, sterile water or wound cleanser.
7. Dry the skin around the wound by patting gently with gauze.
8. Protect the skin around your wound with skin protectant barrier wipe or barrier ointment. This protects the skin around your wound from moisture.
9. Remove the cap and the sterile seal from Medihoney®. For deeper or tunneled wounds, remove the applicator tip from its package and screw it onto the nozzle of the tube.
10. Apply a thin layer of the Medihoney® dressing directly to the wound or onto a dressing. Make certain that the dressing covers the entire wound base but not in contact with the peri wound skin.
11. For deeper wounds apply a thin layer of the Medihoney® dressing into the wound and any tunneled or undermined area.
12. Cover the Medihoney® dressing with a cover dressing (gauze, foam, or super absorbent dressing).
13. Use tape, transparent film, or conforming gauze bandage to secure in place if needed.
14. The frequency of your dressing change will depend on your condition and the amount of wound drainage. With proper management of wound drainage, the dressing can be left in place for up to seven days, as is the case with compression devices or under off-loading devices.

### CALL YOUR HEALTHCARE PROVIDER

\*Call your healthcare provider if you notice any signs of the wound worsening. Report increased redness, pain, swelling, or heat on or around your wound.