

## How to use

### **Product description**

Mepilex Heel is an absorbent soft silicone dressing. It consists of:

- a soft silicone wound-contact layer (Safetac®)
- a flexible absorbent pad of polyurethane foam and
- an outer film which is vapor permeable and moisture proof.

### **Safetac Technology**

Safetac is a patented soft silicone adhesive technology. On the wound, Safetac assures non-sticking and minimal trauma on removal even in critical situations when the exudate starts to dry out. On the skin, a dressing with Safetac has gentle but secure adhesion with no epidermal stripping or pain on removal.

### **Mode of action**

Mepilex Heel absorbs exudate, maintains a moist wound-healing environment and minimizes the risk for maceration. As Mepilex Heel maintains a moist wound environment, supporting debridement, there might be an initial increase in the wound size. This is normal and to be expected. In case studies, dressings with Safetac Technology have demonstrated to normalize dry and scaly surrounding skin. Thanks to its absorptive properties Mepilex Heel is suitable for use under compression bandaging.

Mepilex Heel gently expands as it takes up exudate. Mepilex Heel can be used in combination with gels.

### **Intended use**

Mepilex Heel is designed for a wide range of exuding wounds such as leg and foot ulcers, pressure ulcers and traumatic wounds, e.g., skin tears and secondary healing wounds.

### **Instructions for use**

Cleanse the wound in accordance with normal procedures.

Dry the surrounding skin thoroughly.

Remove the release films and apply the adherent side to the wound. Do not stretch.

For best results, Mepilex Heel should overlap dry surrounding skin by at least 2 cm.

When necessary, fixate Mepilex Heel with a bandage or other fixation.

Tape or film can be used to seal the joints on the sides of the dressing after application.

**Frequency of change**

Mepilex Heel may be left in place for several days depending on the condition of the wound and surrounding skin, or as indicated by accepted clinical practice. A change in dressing regimen can result in an initial increased level of exudate which temporarily may require an increased change frequency.

**Precautions**

In case of clinical signs of infection the use of Mepilex Heel may be continued if proper infection treatment is initiated. Mepilex Heel should be stored in dry conditions below 95°F (35°C). Sterility is guaranteed unless inner package is damaged or opened prior to use. Do not re-sterilize.