

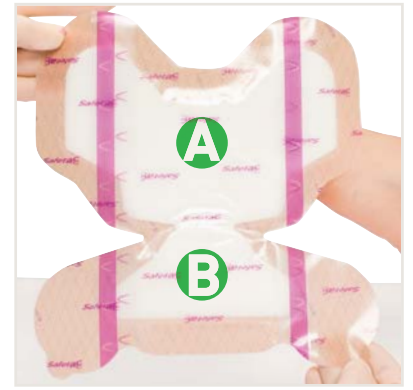
# Product application guide

## Note

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

## 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.



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



2. Apply the adherent part of the dressing marked "A" (see illustration above) 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 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 above) under the plantar surface of the foot. Do not stretch.



5. Remove the backing 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.

## Tips and Tricks

- Think "A" for "Achilles" to remember how to apply the dressing correctly
- Apply the dressing to clean, dry skin
- Do not stretch the dressing during application
- Apply a non-skid sock if patient is ambulatory--this will also improve stay-on-ability
- Consider the use of Tubifast® or other tubular bandages as extra support for very agitated patients or for those where the dressing comes off prematurely: the dressing is designed with the intention of being gentle to the skin

## Pressure ulcer prevention re-application guide



1. Gently pull handling tabs to release dressing from skin.



2. Continue to release the dressing from the skin using the handling tabs until the skin is exposed for skin check.



3. While maintaining the dressing position at the proximal edge of "A" (see picture), perform assessment of the skin.



4. Re-apply the foam and border of the dressing. Make sure the flaps with the tabs are placed over the ankle flaps.



5. Confirm dressing is replaced to its original position, making sure the border is intact and flat.



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

7. Re-apply non-skid sock if using, especially for ambulatory patients.