



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

Please use your recommended dressing technique according to infection control guidelines.

Disclaimer: These are general guidelines, please check local treatment recommendations applicable in your country or healthcare institution.

Washing hands



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 put 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 or a Soft-Hold dressing for this kind of wound. Cut the dressing in order to fix the size of the ear. Choose a suitable secondary dressing to keep the dressing in place.

Ears



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

Elbows

Notes



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

Hands



For wounds between the fingers cut a 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.

Fingers



There is a variety of different heel dressings available, consider which of these shapes is best for your patient.

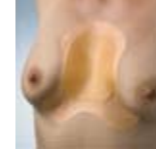
Heels

Notes



A heel dressing may 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 on the photo.

Axilla



A Comfeel Plus Contour is particularly suitable for women. Cut according to the size of the breasts.

Sternum



When the wound is close to an ostomy, care needs to be taken when deciding whether to apply the stoma base plate on top or underneath the dressing.

Peristoma wounds



Use the slimmest dressing possible. There is a variety of different sacral dressings available, consider which of these shapes is best for your patient's bottom. Please ensure that you differentiate between pressure ulcers and moisture lesions, as the supporting management differs greatly.

Sacral



If the wound is wet, use e.g. a foam and/or an alginate dressing (the alginate dressing requires a secondary dressing).

Sacral

Notes



Use for the hallux toe and for inter-digital ulcers, secure with a secondary dressing.

Bunions



Cut a dressing and use it for interdigital wounds. The dressing must be secured with a secondary dressing.

Heels



Use for the tip of the toes and for inter-digital ulcers, secure with tubular gauze.

Toes



Cut a "bow-tie" shaped 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 on walking.

Toes



For wet wounds use a foam dressing. Additional fixation is required.

Toes

Notes

## Selection of wound care products

### Biatain Ibu Non-Adhesive/Soft-Hold

Size (cm)	Product Code
5 x 7	Non-Adhesive 4105
10 x 10	Non-Adhesive 4110
10 x 20	Non-Adhesive 4112
15 x 15	Non-Adhesive 4115
20 x 20	Soft-Hold 4120
10 x 10	Soft-Hold 4140
10 x 20	Soft-Hold 4142

### Biatain Foam Non-Adhesive (Special Shapes)

Size (cm)	Product Code
17 x 17	Sacral 3483
23 x 23	Sacral 3485
Ø 17	Contour 3486
19 x 20	Heel 3488

### Biatain Ag Foam Non-Adhesive

Size (cm)	Product Code
5 x 7	5105
5 x 8	9628
10 x 10	9622
10 x 20	9623
15 x 15	9625
20 x 20	9626

### Biatain Foam Non-Adhesive

Size (cm)	Product Code
5 x 8	Cavity 3451
5 x 7	6105
10 x 20	3410
10 x 20	3412
15 x 15	3413
20 x 20	3416

### Biatain Ag Foam Adhesive

Size (cm)	Product Code
7.5 x 7.5	9631
12.5 x 12.5	9632
15 x 15	3464
18 x 18	9635

### Biatain Soft-Hold

Size (cm)	Product Code
5 x 7	3473
10 x 10	3470
10 x 20	3472
15 x 15	3475

### Biatain Ag Foam Adhesive (Special Shapes)

Size (cm)	Product Code
23 x 23	Sacral 9641
19 x 20	Heel 9643

### Comfeel Plus Transparent Dressing

Size (cm)	Product Code
5 x 7	3530
5 x 15	3547
5 x 25	3548
9 x 14	3536
9 x 25	3537

### Biatain Foam Adhesive

Size (cm)	Product Code
10 x 10	3430
12.5 x 12.5	3420
15 x 15	3421
18 x 18	3423
18 x 28	3426

### Comfeel Plus Transparent Dressing

Size (cm)	Product Code
10 x 10	3533
15 x 15	3539
15 x 20	3542
17 x 17	Sacral 3586
20 x 20	3545

Please contact Coloplast for further information on **Comfeel Plus Transparent Dressing**, **Comfeel Plus Ulcer Dressing** and **Biatain**.

#### 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.

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

*Faculty Panel*

#### General Notes

Disclaimer: These are general guidelines, please check local treatment recommendations applicable in your country or healthcare institution.

- >> Always check the cause of the wound.
- >> Follow your local infection control guidelines to prevent cross infection. In case of bacterial infection or fungal use a silver dressing.
- >> Please make sure to use a pair of sharp clean scissors.
- >> Always remember to cut across the peel back, otherwise 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 centre 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 reduction in 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.

#### The Coloplast story began back in 1954

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.

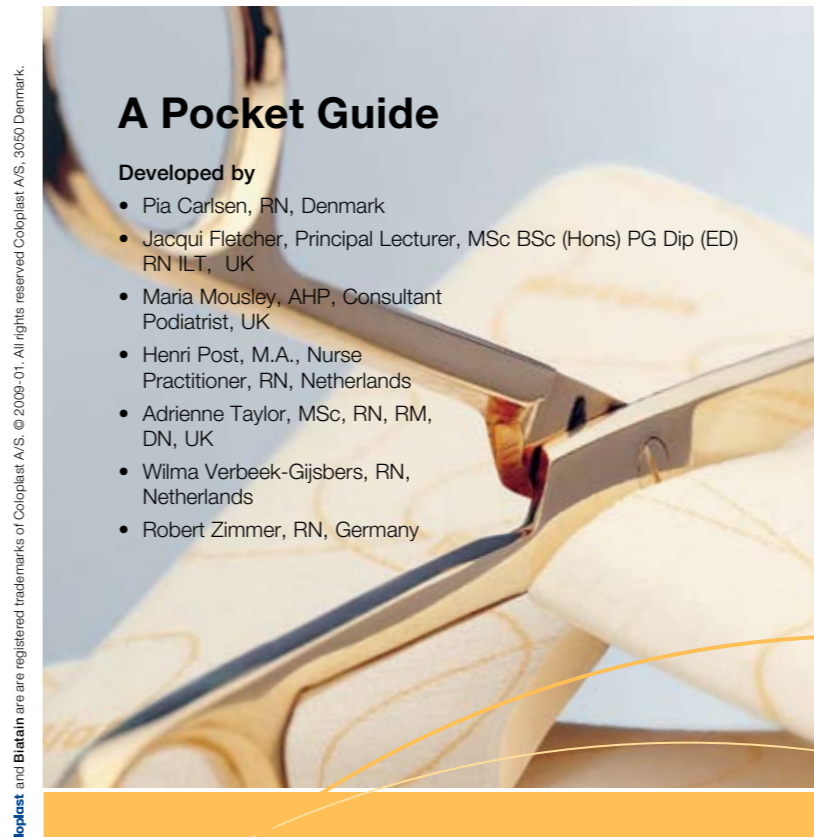
For more information visit [www.woundcare.coloplast.com](http://www.woundcare.coloplast.com)

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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## A Pocket Guide

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## Application and Cutting Guide

**Biatain**



#### A patient-centred 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-centred 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 look at the whole patient, the underlying cause, and patient-related concerns before looking at the wound itself<sup>(1)</sup>.

Patient-centred concerns are important to keep in mind as individuals with chronic wounds not only have to deal with having a wound, they also have to face the unfulfilled expectations of healing and its consequences, e.g. odour, 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<sup>(2)</sup>.

If you have any questions or suggestions to shapes not listed in this guide, please contact your local Coloplast office.