



Quick guide for wound assessment



Mölnlycke®



STEP 1

Duration

Assess:

- How long has the wound been present?
- New or recurring wound?
- Hard-to heal or acute wound?
- What dressings are used?

Consider referring:

- Diabetes-related foot ulcer (DFU) or any wound that has healed <40% in 4 weeks: needs multidisciplinary team (MDT) approach.

STEP 2

Location, size & depth

Assess:

- Note location (use patient's R and L and correct anatomical terms).
- Record wound length and width using clock method.
- Measure depth and undermining using a depth probe stick or cotton tipped applicator.
- Photograph wound with paper ruler in shot.
- Assess severity for example, with pressure ulcer/injury stage system.
- Measure every 2–4 weeks.

Refer urgently:

• Probe to bone: may indicate osteomyelitis

Consider referring:

Fistulae, tunnelling or sinus.

Increase in size.

STEP 3

Tissue perfusion

Assess:

For lowerleg/foot ulcers:

- If possible, palpate arteria dorsalis pedis.
- Observe colour, temperature and pain of the limb and foot.
- Wounds with no progression after 2 weeks: check Ankle/Brachial Pressure Index (ABPI).
- For foot ulcers: assess using WiFi (Wound Ischemia and foot Infection) system.
- Consider oxygen assessment e.g. with transcutaneous oximetry (TcPO₂).

! Refer urgently:

- ABPI(< 50–70mmHg; ABI < 0,5) or TBI (< 30–50 mmHg): vascular referral.
- In case of diabetes and/or ABPI >1,4, measure Toe-Brachial Index (TBI).

? Consider referring:

- Signs of venous disease(see step 4) or peripheral arterial disease may require intervention from a vascular specialist.

STEP 4

Surrounding skin & deformities

Assess:

- Is the skin dry, thin, fragile or cracked?
- Any discolouration present?
- Oedema or eczema?

?

● Consider referring:

Signs of venous disease e.g. oedema, varicose veins, discoloured skin: reddish-brown, lipodermatosclerosis, eczema, atrophie blanche.

- Refer to a podiatrist for foot concerns.
- Refer to dermatologist for skin concerns.
- If any signs of erysipelas.

STEP 5

Wound edges and periwound*

Assess:

- Are the wound edges healthy?
- Do the wound edges show signs of concern such as raised, rolled, undermined or callused?
- Is the periwound macerated?
- Is swelling present?

Consider referring:

- Epibole (rolled), undermining or non-advancing wound edges.
- Discolouration (e.g., redness, violet or blue).

* Periwound is defined as 4cm from the wound edges

STEP 6

Wound bed composition

Assess:

Check for presence of:

- Epithelialized tissue.
- Red granulated tissue.
- Yellow fibrin (slough).
- Yellow, non-viable tissue (slough).
- Black necrotic tissue.
- Visible bone, tendons, blood vessels.
- Hypergranulation.
- Flap (at skin tears).



Consider referring:

- If underlying structures such as bone, muscle, tendon are visible.
- If sharp debridement is required to remove non-viable tissue and is outside the scope of the health practitioner.
- If black necrotic tissue refer to multidisciplinary team.

Exudate & odour

Assess:

- Amount of exudate (none–low–moderate– high–very high).
- Colour and type: serous (clear), serosanguineous (pale, red), purulent (yellow, green, tan, brown), sanguineous (red, bloody).
- Exudate consistency.
- How well the dressing has handled the exudate.
- When does the wound smell (before dressing change and after cleansing)?
- At what distance to patient does it smell?
- Consider using the Visual Analogue Scale (VAS) scale to document odour.

Consider referring:

- If you can control the amount of exudate, (for example at frequent dressing changes) refer to multidisciplinary team.

Pain & loss of peripheral sensation

Assess:

- Intensity (use the VAS to document).
- When it is painful (before, during or/and after dressing change).
- Duration of pain.
- Location of pain.
- For DFU, assess for loss of peripheral sensation with monofilament and tuning fork or using the Ipswich touch test.

? Consider referring:

- Where the cause of pain cannot be determined.
- Where pain management strategies are not effective.
- Patient with LOPS (loss of protective sensation), for example patient with diabetes need a multidisciplinary team.

Infection & biofilm – part 1

Assess:

Check for:

- Classic signs of local infection (erythema, warmth, swelling, purulent discharge, delayed wound healing, new or increasing pain, increasing malodour.)
- Subtle signs of local wound infection (hypergranulation, bleeding, friable granulation, epithelial bridging and pocketing in granulation tissue, increasing exudate.)
- For foot ulcers, assess using WIfI system.

? Consider referring:

- Where the cause of pain cannot be determined.
- Where pain management strategies are not effective.
- Patient with LO

Infection & biofilm

– part 2

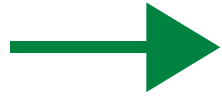
! Clinical emergency

- Systemic infection
(may include loss of appetite, fever/pyrexia, malaise, lethargy or nonspecific general deterioration, severe sepsis, septic shock, organ failure, death.)

? Consider referring:

- Spreading infection
(may include: extending induration, swelling of lymph glands, crepitus, wound breakdown/dehiscence with or without satellite lesions, spreading inflammation or erythema >2cm from wound edge.)

Product selection guide



Cleansing and debridement

Cleanse the wound bed and surrounding skin. Debride slough and devitalized tissue when appropriate and use a gel when needed. Follow your local policy.

Oxygenation

Consider topical oxygen for wounds affected by hypoxia.

Dressings

Exudate level

Very high

Superficial wound

Mepilex® Transfer

Mextra® Superabsorbent



+



— Need of antimicrobial?^c —

Mepilex® Transfer Ag

Mextra® Superabsorbent



+



Deep wound

Always combine with Exufiber®

Mextra® Superabsorbent




— Need of antimicrobial?^c —


Always combine with Exufiber® Ag+

Mextra® Superabsorbent



 Cuttable

 Showerproof

 Fixation needed

^a Available also in oval, sacrum and heel sizes

^b Available also for sacrum

^c Follow guideline for wound infection protocols⁴. Topical antimicrobial agents, e.g. in cleansers or dressings, may be used in combination with systemic antibiotics depending on the severity of infection. Active spreading infection must be referred as a matter of urgency to a multidisciplinary team or a medical practitioner.



Exudate level

High

Low

Superficial wound

Mepilex® Border Flex^a

Mepilex® Up

Mepilex® Border Flex Lite

Mepilex® Lite



or



or



Need of antimicrobial?^c

Mepilex® Border Ag^b

Mepilex® Ag



Deep wound

Mepilex® Border Flex^a

Mepilex® Up

Mepilex® Border Flex Lite

Mepilex® Lite



or



or



Need of antimicrobial?^c

Mepilex® Border Flex^a

Mepilex® Up

Mepilex® Border Flex Lite

Mepilex® Lite



or



or



Compression

Apply appropriate compressions therapy after examination of the Ankle/Brachial Pressure Index (ABPI) or TBI (Toe Brachial index) at leg and foot ulcers.²

Exudate progress monitor

Leave the dressing in place for as long as possible. Normally a dressing is changed between 1 and 3 times a week.^d



The dressing can remain in place



Time to change

^dWound inspection and dressing change frequencies are driven by clinical decision and should be at the discretion of the clinician.

Safetac[®]
TECHNOLOGY

The Safetac[®] soft silicone wound contact layer minimises skin damage and pain at dressing changes.³



Find out more at www.molnlycke.com

Mölnlycke Health Care AB, Box 6, Entreprenörsstråket21, SE-431 53 Mölndal, Sweden. Phone +46 31 722 30 00. The Mölnlycke, Mepilex, Mepitel, Mextra, Exufiber, Granudacyn, Granulox and Safetac trademarks, names and logos are registered globally to one or more of the Mölnlycke Health Care Group of Companies. Mepi is a trademark of Mölnlycke Health Care © 2025 Mölnlycke Health Care AB. HQIM005708