

Clinically proven

As vulnerable as the heel is, pressure ulcer prevention and treatment is not only possible – it's scientifically proven.

90.6% of suspected Deep Tissue Injuries were prevented from deterioration in a US study using Mepilex® Border Sacrum and Heel dressings. In the same study, all ulcers that experienced complete healing had the Mepilex® Border dressings as a primary therapy used continuously throughout the course of treatment.⁵

Cohort Control Group Intervention Group

Cohort observational study by Santamaria et al.⁶:

14 Patients developed a total of 19 heel pressure injuries

vs

0 Pressure ulcers were developed with Mepilex® Border Heel

Study by Kottner et al.⁷:

5 Heel pressure ulcers

vs

0 Heel pressure ulcers reported using Mepilex® Border Heel

0 heel pressure ulcers reported in one RCT in an ICU setting with use of Mepilex Border Heel dressings

Ordering information

Mepilex® Border Heel

Product Code	Dimensions (cm)	Pcs/box
282710	22 x 23	10
282750	22 x 23	6

Mölnlycke® Z-Flex® Heel Boot

Product Code	Description	Pcs/case
1400122	Z-Flex® Heel Boot (Protector with gate, Ankle Strap)	2
1400123	Z-Flex® Heel Boot (Protector with gate, Ankle Strap)	8

Mölnlycke® Z-Flo® Fluidized positioner – Adult

Product Code	Description	Dimensions (cm)	Pcs/case
1401011	Utility Positioner – Medium	40 x 76	1
1401005	Utility Positioner – Large	64 x 91	1

Exufiber®

Product Code	Dimensions (cm)	Pcs/box
709900	5 x 5	10
709901	10 x 10	10
709903	15 x 15	10
709905	4,5 x 10	10
709906	4,5 x 20	10
709907	4,5 x 30	10
709904	20 x 30	5
709909	2 x 45	5
709908	1 x 45	5

References:

1. VanGilder, C., McFarlane, G.D., Meyer, S. Results of nine international pressure ulcer prevalence surveys: 1989 to 2005. *Ostomy Wound Management*, 2008;54(2):40-54. 2. Delmore, B., Lebovits, S., Suggs, B., Rolnitzky, L., Ayello, E. Risk Factors Associated with Heel Pressure Ulcers in Hospitalized Patients. *J Wound Ostomy and Continence Nursing*, 2015;42(3):242-248. 3. Black, J. Preventing pressure ulcers from occurring on the heel. *Wounds International* 2013, Vol. 4, eSupplement. 4. Santamaria, N., Liu, W., Gertz, M, et al. The cost-benefit of using soft silicone multi-layered foam dressings to prevent sacral and heel pressure ulcers in trauma and critically ill patients: a within-trial analysis of the Border Trial. *International Wound Journal* 2015;12(3):344-350. 5. Sullivan, R. Use of a Soft Silicone Foam Dressing to Change the Trajectory of Destruction Associated with Suspected Deep Tissue Pressure Ulcers. *MEDSURG Nursing*, 2015 Jul-Aug;24(4):237-42; 267. 6. Santamaria, N., Gertz, M., Liu, W., Rakis, S., Sage, S., Ng, A., Liew, D. (2015). Clinical effectiveness of a silicone foam dressing for the prevention of heel pressure ulcers in critically ill patients: Border II trial. *Journal of Wound Care*, 24(8), 340-345. 7. Johnson, C., Renwick, C., Parkinson, J., Burn, K., Colledge, D. Prophylactic dressing use to prevent heel ulceration in post-epidural orthopaedic patients. *Wounds UK*, Jan 2018;14, 84-89. Hahnel, E., El Genedy, M., Tomova-Simitchieva, T., Hauss, A., Stroux, A., Lechner, A., Richter, C., Akdeniz, M., Blume-Peytavi, U., Löber, N., Kottner, J. The effectiveness of two silicone dressings for sacral and heel pressure ulcer prevention in high risk intensive care unit patients compared to no dressings: a randomized controlled parallel-group trial. *British Journal of Dermatology* 2019 doi: 10.1111/bjd.18621. [Epub ahead of print]. 8. McCartney, K., Patek, D. Reduce the Pressure – Reduce the Injury. Poster presentation at NTI 2018 Conference.

Find out more at www.molnlycke.com

Mölnlycke Health Care AB, P.O. Box 13080, Gamlestadsvägen 3 C, SE-402 52 Göteborg, Sweden. Phone + 46 31 722 30 00. The Mölnlycke, Mepilex, Exufiber, Z-Flo, Z-Flex, Hydrolock and Deep Defense trademarks, names and logos are registered globally to one or more of the Mölnlycke Health Care Group of Companies. ©2020 Mölnlycke Health Care AB. All rights reserved. HQIM001596

Heel pressure ulcers are a pain. Here's relief.



Pressure ulcer solutions
as individual as your patients



DID YOU KNOW...

...reduced mobility or hyper-mobility are equally likely to cause heel pressure ulcers?



Despite the same result, different interventions are needed. Many factors influence the risk of heel pressure ulcers and the ability to heal, and every patient is unique.

Mölnlycke® offers a complete prevention offer that is as individual as your patients.

The heel is vulnerable as a pressure ulcer site – the second most common site after the sacrum – according to a recent study of almost 450,000 patients¹.

Why the heel^{2,3}?

- Low blood flow to heel area
- Less soft tissue padding over the bony prominence
- Shear forces from patient sliding in bed

Economic burden

Beyond creating an incalculable burden to the patient, the cost of treating pressure injuries can be up to:

x3.6

than the cost of prevention⁴

Solutions as individual as your patients.

Offloading

Mölnlycke® Z-Flex™ Heel boot



Designed to offload the heel and maintain anatomically neutral foot position. Can be used for prevention and offloading of existing pressure ulcers.

Mölnlycke® Z-Flo™ Fluidized positioner



Customizable to unique anatomical needs. Mold around calves and heels to offload heels or float heels off the bed surface. Can be used for prevention and offloading of existing pressure ulcers.

Protecting

Mepilex® Border Heel



Shaped dressing with proprietary Deep Defense® technology. Ideal for patients that are non-compliant with boots or pillows/positioners. Also designed and proven for management of existing pressure ulcers.

Exudate management for existing pressure ulcers

Exufiber®



A gelling fibre with proprietary Hydrolock® technology to lock in and manage exudate in cavity wounds. Use with Mepilex® Border Heel as a secondary dressing.

Talk to us or visit molnlycke.com/protect-the-heel to find out how an individual solution can make a difference to your patients, teams and budgets.

Evaluating pressure ulcer management options: The decision support tool

Every patient is unique – the right intervention will depend on your assessment of their condition. The Mölnlycke® solution includes a proven decision support tool to help guide your use of our prevention solutions⁸.

