

The lightest touch



Epidermolysis Bullosa (EB):
an introduction and guide to treatment options



Understanding EB and caring for the people affected by it

For people living with EB, every touch matters. Everyday activities that cause friction on the skin can be extremely painful. While it is important to protect damaged skin, dressings can actually become a source of further trauma.



‘Sometimes I have needed pain relief just to get through dressing changes. It takes a long time and has to be done every day, usually with my mom’s help.’

15-year-old female patient

Dressing changes can be particularly painful and may cause great emotional distress, both for patients and for their families and carers. It is vital that the dressing you choose is gentle,

**with the
lightest touch.**

→ EB covers a group of rare skin conditions characterised by fragile skin that can blister or tear in response to everyday friction.

‘I use dressings with Safetac® because they are less painful to change. They also stay in place well on my hands, feet, and knees.’

15-year-old female patient

Preserving skin integrity

In order to maintain skin integrity, moisturisation and cleansing with soap substitutes are preferred. Epaderm® Ointment and Cream come in Junior versions and can be used safely, even on babies, to wash and moisturise delicate skin.

Managing blisters

Blisters can cause great discomfort and may be lanced with a sterile needle¹. Once lanced, use of a wound cleansing solution such as Granudacyn® can be beneficial.

Choosing the most suitable dressings

Above all, a dressing should not harm fragile skin of the person with EB. Suitable dressings for EB are atraumatic on removal, such as those with Safetac, which adhere gently, avoiding damage to the wound and skin at dressing changes³⁻⁶.



Safetac dressings protect even the most sensitive skin



When every touch matters, only the gentlest care will do. That means choosing dressings that:

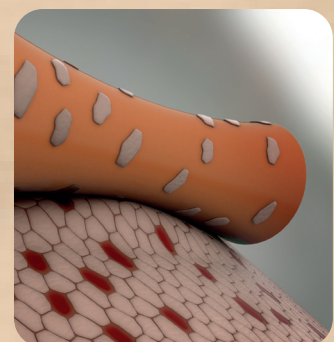
- Protect fragile skin and avoid causing further damage
- Reduce pain at dressing change
- Are soft and conformable to allow for greater comfort and mobility
- Are versatile and easy to use to make dressing changes as straightforward as possible for the person with EB and their caregiver²

The advantages of Safetac dressings

Safetac is Mölnlycke's trusted silicone-based technology. Soft and flexible, Safetac is designed to be kind to the most fragile skin, even during removal. With less damage to the wound and skin, pain at dressing change is minimised³⁻⁶.



Dressings with Safetac cause no damage to the wound or surrounding skin.



Dressings with traditional adhesives cause painful skin stripping.

Comfort and protection with the lightest touch

Emollient (for dry skin)

Epaderm® Cream and Epaderm® Ointment

- Provides a protective barrier that helps to trap moisture, improving skin hydration⁷⁻⁹
- Epaderm Cream can be used as emollient^{7,8} and as a soap substitute^{7,10}
- 3-in-1 Epaderm Ointment can be used as an emollient, as a bath additive and as a soap substitute¹⁰



Wound cleansing solution

Granudacyn®

- Facilitates the mechanical removal of microorganisms and cell debris
- Proven to be biocompatible, meaning that it has a positive benefit/risk ratio¹¹
- Not cytotoxic and doesn't cause irritation¹¹



Foam dressings

- Protection of fragile skin
- Minimise pain and damage to the wound both during wear and at dressing change
- Highly conformable for difficult-to-dress areas
- Comfortable for people with EB

Non-bordered dressings

Mepilex®

- Can absorb low to moderate levels of exudate
- Provides soft cushioning
- Can easily be cut to size for a better fit



Mepilex® Lite

- Can absorb low levels of exudate
- Can easily be cut to size for a better fit



Mepilex® Transfer

- No backing film: can manage a wide range of exuding wounds with a secondary dressing¹²
- Can easily be cut to size for a better fit



Bordered dressing

Mepilex® Border Flex Lite

- Flexible and conformable due to Flex technology^{13, 14}
- Stays in place¹³⁻¹⁵ and can be used without adhesive fixation



Wound contact layer

Mepitel®

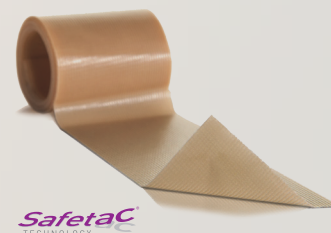
- Soft transparent, flexible wound contact layer
- Minimises pain and damage to the wound or skin at dressing change^{5,16,17}
- Conforms well to difficult-to-dress areas⁵
- Can be cut to the size and shape⁵



Fixation

Mepitac®

- Minimises pain and skin damage at dressing change¹⁸
- Reliable and gentle fixation of medical devices¹⁹



Tubifast® and Tubifast® Garments

- Tubifast holds dressings securely, without constriction or compression; no pins or tapes are needed, and its light elasticity allows patients complete freedom of movement^{20,21}
- Tubifast Garments may be used as dressing retention in the management of EB²²



Landing zone

Mepitel® Film

- Transparent, breathable film
- Designed to protect sensitive, fragile skin and minimise risk of skin breakdown²³
- Can be used as a landing zone for aggressive adhesives (e.g. cannulae)





Improving daily life for people living with EB means finding gentle dressings that are easy to use and cause minimal pain – **because every touch matters.**

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Find out more at www.molnlycke.com

Mölnlycke Health Care AB, P.O. Box 6, Entreprenörstråket 21, SE-431 21 Mölndal Sweden. Phone + 46 31 722 30 00.
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