

# Total Protection

## Heel Bundle

Total Protection  
Head to Heel bundles



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### Mepilex® Border Heel

Multiple studies have demonstrated zero heel pressure injuries when using Mepilex Border Heel prophylactically for high-risk patients in ICU<sup>1-4</sup>



### Z-Flex™ Fluidized Heel Boot is intended for offloading the heel and to redistribute pressure

One study from MacCartney reported 100% reduction in heel pressure injuries when using the Z-Flex Fluidized Heel Boot when used as part of a pressure injury prevention protocol<sup>3</sup>.



### Z-Flo™ Fluidized Positioner

Provides ability to completely offload the heels by allowing the heels to 'float' and redistribute pressure along lower legs.



### Mepilex® Border Heel

| Product Code | Description                                         | Size       | Unit of Meas. | Qty per UOM |
|--------------|-----------------------------------------------------|------------|---------------|-------------|
| 282750       | 5-layer heel dressing with Deep Defense™ Technology | 22 x 23 cm | Box           | 6           |

### Z-Flex™ Fluidized Heel Boot

| Product Code | Description                                                    | Size     | Unit of Meas. | Qty per UOM |
|--------------|----------------------------------------------------------------|----------|---------------|-------------|
| 1400122      | Fluidized Heel Boot - heel protector with adjustable foot gate | One size | CA            | 2           |
| 1400123      | Fluidized Heel Boot - heel protector with adjustable foot gate | One size | CA            | 8           |

### Z-Flo™ Fluidized Positioner

| Product Code | Description                        | Size*      | Unit of Meas. | Qty per UOM |
|--------------|------------------------------------|------------|---------------|-------------|
| 1401003      | Adult Medium Positioner with Tab   | 41 x 76 cm | EA            | 1           |
| 1401005      | Adult Large Positioner without Tab | 64 x 91 cm | EA            | 1           |

\* More sizes available for Paediatric and Neonatal patients.

**References:** 1. Santamaria N, Gerditz M, Liu W, Rakis S, Sage S, Ng AW, Tudor H, McCann J, Vassiliou T, Morrow F, Smith K, Knott J, Liew D. Clinical effectiveness of a silicone foam dressing for the prevention of heel pressure ulcers in critically ill patients: Border II Trial. J Wound Care. 2015 Aug;24(8):340-5. 2. Recke C, Davis T, Clemmons T. Keeping It Heeled - Heel Pressure Ulcer Prevention and Treatment in Long Term Care. Ethica Health. Poster: SAWC. 2019. 3. MacCartney K, Patek D. Reduce the pressure - reduce the injury. St. Vincents Healthcare. 2018. 4. 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 compared with no dressings in high-risk intensive care unit patients: a randomized controlled parallel-group trial. Br J Dermatol. 2020 Aug;183(2):256-264.

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