

– Instructions for Use –

Product Description: Vitále® Foam Heel Dressings are highly absorbent and easily shape around a tender or wounded heel for protection, absorbency & retention of warmth. They can be used for treatment of wounds with moderate to heavy exudates. The foam holds exudates until dressing change time; and the dressing continues to provide protection and comfort.

Vitále Foam Dressings are sterilized by exposure to Gamma Radiation, and must not be re-sterilized. The entire dressing is composed of highly absorbent foam, with a vapor-permeable film backing to hold moisture and allow air to vent. Superior absorption draws exudates into the dressing, to help prevent maceration of the wound bed. The unique design of the dressing allows one size to fit all, with overlap on the sides to seal off any leaks.

Indications: Vitále Foam Heel Dressings are for single use only and can be used for the treatment of the following types of heel/ankle wounds:

- Pressure Ulcers
- Arterial Ulcers
- Skin donor sites
- Deep & Superficial Wounds
- Moderate to Heavy Exuding Wounds
- Diabetic Ulcers
- Second Degree Burns

Wounds being treated may have moderate to heavy exudate, and they may be superficial or deep.

Contraindications: Not indicated for 3rd degree burns.

Storage: Vitále Foam Heel Dressings must be stored in a cool & dry area. The products are sterile unless the package is opened or damaged.

Application:

1. Clean and rinse the wound in the usual manner. Vitále Wound Cleanser Spray is ideal for this as it contains zinc to help condition the wound bed.

2. Place the Vitále Foam Heel Dressing on the sole of the heel first, with the “sharp wings” extending out to either side of the heel. The adhesive will hold the dressing to the bottom of the foot while the dressing is contoured to the ankle.

3. Next adhere the center of the dressing to the back of the ankle, spreading smoothly over the heel. The rounded wings should extend on either side of the ankle.

4. Next gently adhere the rounded wings around the ankle, being careful to smooth the dressing evenly.

5. Finally, adhere the pointed wings to the side of the heel and over the already adhered rounded wings to seal.

6. Wrap the entire dressing with soft elastic gauze to hold in place. The adhesive on the dressing itself is only meant to hold during the application process.

7. If the Foam becomes saturated, exudates will leak out the side of the foam. When this occurs, the dressing should be changed.

8. Dressing change as directed, when the foam is saturated, or at least every 7 days.

– Product Line –

Catalog Number:	Description:	Size:	Dressings/Box:
20400	Vitále Foam Heel Dressings	7" x 7" (18 cm x 18 cm)	5



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- Do not use if package is damaged
- Keep Dry
- Storage Temperature: 40°F / 5°C to 100°F / 40°C
- Single-Use
- STERILE** Sterilized using Gamma Radiation