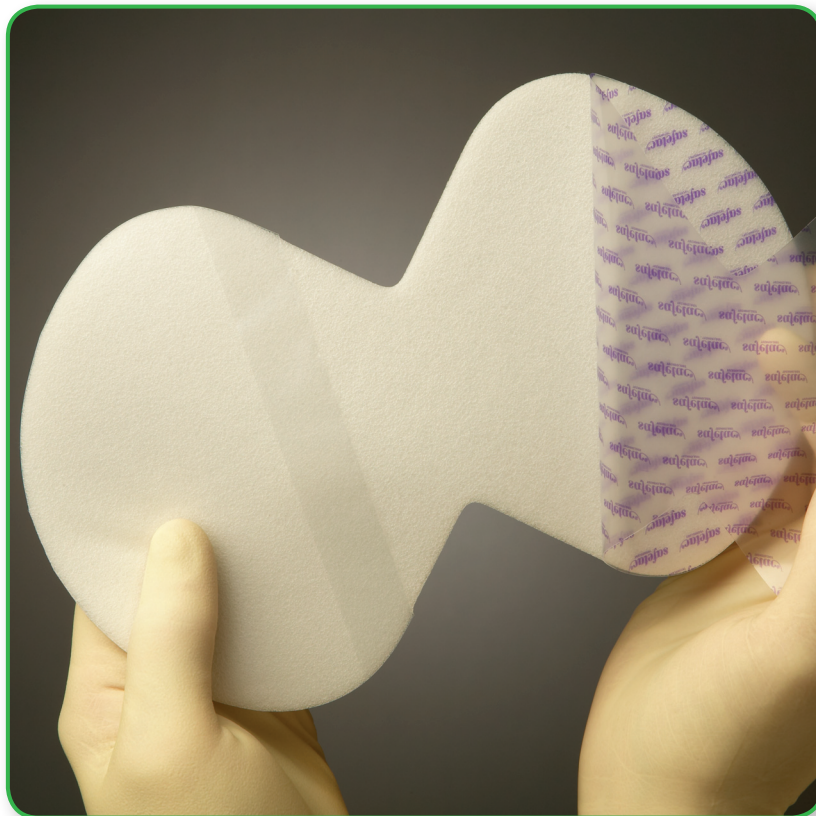


# ● Mepilex® Heel

## ALL THE BENEFITS OF MEPILEX, NOW SHAPED FOR HEEL WOUNDS

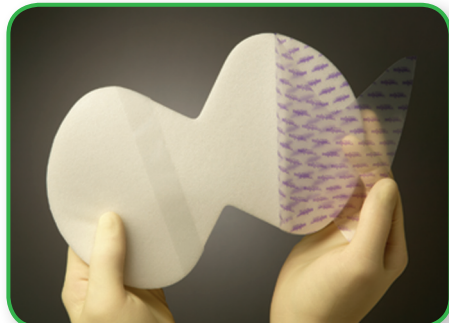
- Shaped to fit any heel
- Provides a good seal to reduce the risk of maceration
- Minimises trauma and pain at dressing changes<sup>1,2,3</sup>



## HOW MEPILEX HEEL WORKS

- Good seal to reduce the risk of maceration
- Stays in place while dressing retention is applied
- Keeps in position during use
- Minimises trauma and pain at dressing changes<sup>1,2,3</sup>

## HOW TO USE MEPILEX HEEL



**1. Prepare dressing**  
Remove the longer release film.



**2. Fit to heel**  
Fix the dressing under the foot. Remove the shorter release film. Mould the dressing around the heel and bring edges together. Mepilex Heel should overlap the wound bed by at least 2 cm onto the surrounding skin.



**3. Secure in place**  
Hold Mepilex Heel securely in place with a light bandage or other dressing retention method (e.g. Tubifast or Mepore Film)

## BENEFITS OF MEPILEX HEEL

### Easy to apply

- Safetac technology
  - stays in place while dressing retention is applied
- Shaped to fit any heel
  - no need for measuring or cutting

### Promotes wound healing

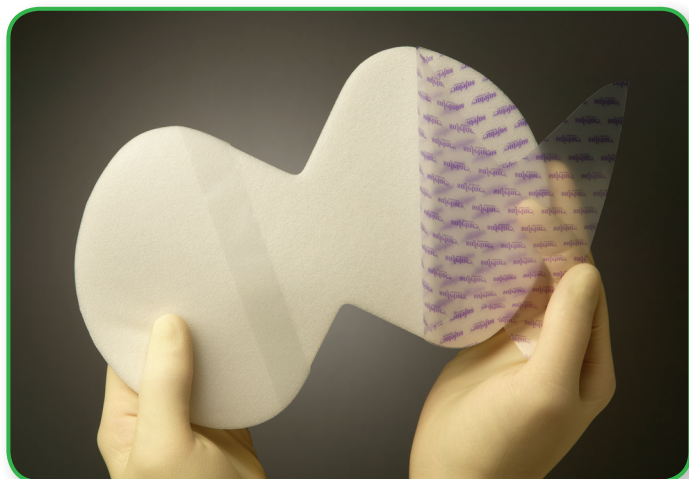
- Safetac technology
  - provides a good seal around the wound, reducing risk of maceration

### Long wear time

- Up to seven days, depending on exudate level and wound condition

### MEPILEX HEEL ORDERING INFORMATION

Art. no	Size cm	Pieces per inner	PIP Code	NHS Code
288100	13 x 20	5	229-3769	ELA277
288300	15 x 22	5	353-1951	ELA429



### References:

1. Principles of best practice: Minimising pain at wound dressing-related procedures. A consensus document. London: MEP Ltd, 2004.
2. Dykes P. The Effect of Adhesive Dressings on the Stratum Corneum of Normal Skin [Data on file].
3. Dykes P. The link between the peel force of adhesive dressings and subjective discomfort in volunteer subjects. Journal of Wound Care, Vol 12, No 7, July 2003.



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