

Application guide - Heel

ALLEVYN COMPLETE CARE Foam Dressings with their unique construction help to **minimise leakage***1-3 and **defend against factors** that contribute to pressure injuries†4-7

ALLEVYN[◇]
COMPLETE CARE
Foam Dressing

Application steps of ALLEVYN COMPLETE CARE Heel Foam Dressing



1 Select the appropriate dressing size, ensuring the absorbent pad will cover the entire wound or area to be protected.



2 Remove the central liner (1) and anchor the adhesive side of the dressing to the back of the ankle.



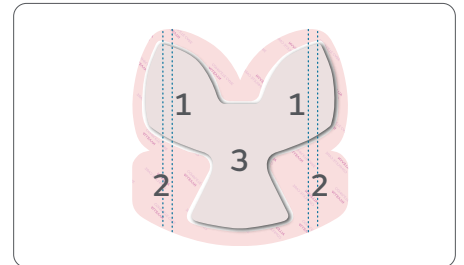
3 Remove one liner (2) and adhere the upper lobe of the dressing to the ankle and smooth over. Remove the remaining liner (2) and cover the opposite side of the ankle and smooth over. Do not stretch the dressing.



4 Remove the remaining liners (3) on each side at the bottom of the dressing. Lift the remaining part of the dressing under the base of the foot and overlap the lobes to secure the dressing.

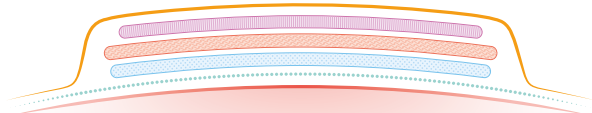


5 Smooth down the borders to remove any creases.

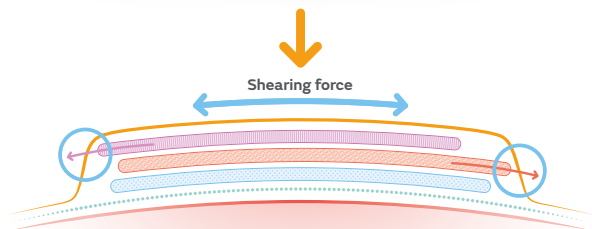


The illustration above demonstrates the order to remove the liners during application.

Dressing at rest



Dressing with shearing force applied

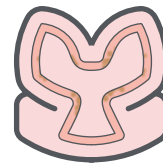


ShearDEFENSE[◇] Unbonded Layer Technology

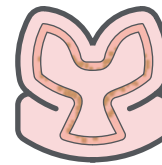
- Proprietary unbonded design enables layers to frictionally slide within the dressing*4

ALLEVYN COMPLETE CARE Dressing visually masks absorbed exudate, keeping it looking fresher for longer^{2,3,8-12} while effectively indicating when to change the dressing⁸

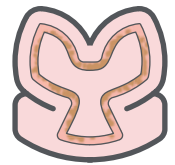
Here's a helpful diagram to show you when to get the dressing changed:



No need to change



Consider changing



Change



Removal

- Lift one corner and slowly peel back until completely removed.
- Dispose of according to local clinical protocols or throw away hygienically after use.



Observation

When used for pressure injury prevention, frequently inspect the skin for pressure damage by lifting back one corner, inspecting and then repositioning the dressing.

*As demonstrated in vitro. †As demonstrated in silico and in vitro.

References: 1. Smith+Nephew 2025. Internal report CSD.AWM.25.008. 2. Tiscar-González V, et al. *Adv Skin Wound Care*. 2021;34(1):23-30. 3. Rossington A, et al. *Wounds UK*. 2013;9(4):91-95. 4. Smith+Nephew 2024. Internal report CSD.AWM.24.057 V2. 5. Smith+Nephew 2025. Internal report CSD.AWM.25.011. 6. Smith+Nephew 2025. Internal report CSD.AWM.25.016. 7. Smith+Nephew 2025. Internal report CSD.AWM.25.012. 8. Smith+Nephew 2025. Internal report CSD.AWM.25.023 V2. 9. Smith+Nephew 2025. Internal report CSD.AWM.25.009 V2. 10. Simon D, Bielby A. *Wounds UK*. 2014;10(3):80-87. 11. Joy H, et al. *J Wound Care*. 2015;24(7):312, 314-317. 12. Costa B, Allen D. Poster presented at: EWMA; 2023.