

Shared care for patients
with **diabetic foot ulceration**



Flaminal® Hydro and Forte

 **Flaminal®**

You have been prescribed Flaminal® Hydro and Forte by your Health Care Professional for use at home, please follow these guidelines for use. **Please read the instructions for use carefully.** It is important that you monitor your wound closely and recognise the “warning signs” of any deterioration of your diabetic ulceration, **if you notice any changes that concern you then please let your healthcare professional know immediately.**

BENEFITS

- Helps to keep your wound clean
- Keeps your wound moist and in the right healing conditions
- Flaminal® Hydro / Forte is safe for the skin and wound tissue
- Protects the edges of your wound
- Offers antimicrobial protection
- Reduces wound odour
- Helps wound healing



For slightly to moderately exuding wounds

For moderately to highly exuding wounds

Your nurse/doctor will advise you to use Hydro or Forte depending on your wound type.

CONTRAINDICATIONS

- Do not use if you have a known allergy to one of the components
- Do not apply to eyelids or in the eye. Should it come into contact with your eye, rinse the eye thoroughly

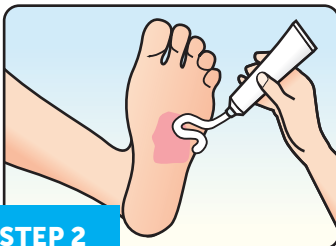


STEP 1

Please ensure you **wash your hands** thoroughly before removing a dressing.

Cleanse your ulcer with clean water or a specific wound cleansing product if advised by your healthcare professional.

If you find you have **Flaminal® Hydro / Forte** from previous applications remaining on or in the wound that does not rinse off easily then this can be safely left in place.



STEP 2

If advised apply any products that go on to your ulcer before applying the dressing.

If advised to apply **Flaminal®** please follow instructions below.

After cleaning your ulcer, **apply Flaminal® Hydro / Forte with a thick layer of approx. 0.5cm** (the thickness of a £1 coin). You can apply Flaminal® directly to your ulcer or use an applicator if you have been provided with one.

Try to avoid the opening of the tube or tube applicator coming in to direct contact with the ulcer.



STEP 3

Cover your wound with an appropriate dressing as advised by your healthcare professional.

- Change your dressing **every 1-3 days** or when you can see any leakage from the ulcer on the outside of your dressing.
- Please keep your dressing dry. If they do get wet, change them immediately.



Patient/Carer notes - please note down prescribed dressings:

Healthcare Professional Details:



Monitor your ulcer closely for any signs of it becoming worse. You may need another person to look at the area or you could use a mirror on the floor if the position of the wound makes it difficult to see it yourself.

Signs of an ulcer getting worse may include the following:

- The ulcer becomes larger.
- There is an increase in leakage.
- A worsening smell when you change the dressing.
- There is increased redness around the ulcer.
- There is increased swelling of your foot and/or leg.
- There is increased pain.

If you notice any of these signs you should contact the person you see about your ulcer, or your GP if they are not available.

- If the redness is tracking upwards or one foot/leg is hotter than the other, this may be a sign of infection and could require urgent attention.
- Sometimes infection from a foot ulcer can make you feel unwell with fever, shivers, chill and/or feeling more tired than usual.

For any signs of infection, contact the person you see about your ulcer. If you are unable to make contact, you should contact A&E.



If you are able you may want to photograph the wound, or to get someone else to do this. This is in case anyone you speak to about it asks what it looks like.



If you have any questions relating to the use of Flaminol® please contact medical@flenhealth.com.

Please also find further information at www.flenhealth.com.

If you have any questions relating to your care or wound then we advise that you contact your nurse or doctor.