EXUDATE MANAGEMENT: A COMMON CLINICAL CHALLENGE

Wound exudate is produced as a normal part of the healing process to prevent the wound from drying out and to supply tissues with essential nutrients and growth factors for healing. Wounds that produce high levels of exudate can become overhydrated, which may lead to:

- Maceration of periwound skin
- Malodour
- Increased pain
- Enlargement of the wound

AIMS OF MANAGEMENT

- Absorb exudate to remove excess moisture from the wound and surrounding skin
- Reduce bacterial count and remove harmful proteases and cytokines through absorption of the exudate into the dressing
- Avoid periwound maceration by protecting the surrounding skin and maintaining a moist, but not saturated wound environment

CHOOSING AN IDEAL WOUND DRESSING

There are numerous dressings with different modes of fluid handling. Ideally, the selected dressing should:

- Absorb and retain large quantities of exudate, even under compression
- Be easy to apply and pain-free to remove
- Create an optimal wound environment to stimulate healing
- Be conformable and comfortable
- Avoid exudate-related problems (e.g. maceration)

Hydration Response Technology (HRT) is a design concept that combines exudate management with wound bed preparation. This technology is used exclusively for the manufacture of Cutimed® Sorbion® dressings.

Two components — mechanically modified cellulose fibres and selected gelling agents — work together to absorb and retain large quantities of wound exudate, encourage wound bed preparation and protect the periwound skin.

- Soft but strong polypropylene outer layer, which is ultrasonically sealed, with no glues, binders or adhesives
- Hypoallergenic materials to reduce the risk of skin irritation
- Gel formation maintains a moist wound environment to encourage autolytic debridement for removal of non-viable tissue from the surface of the wound

Expansion border allows maximum contact with wound bed, even when saturated

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### Optimising Exudate Management: Cutimed® Sorbion® Dressings

**Indications**
- Exudate level
- Size, depth and location of wound
- Signs and symptoms of infection
- Requirement for debridement (e.g., soft or autolytic)
- Ease of application and removal
- Conformability
- Maintenance of dressing integrity
- Protection against maceration and skin irritation
- Management of odour
- Requirement for debridement (e.g., soft or autolytic)
- Ease of application and removal
- Conformability
- Maintenance of dressing integrity
- Patient comfort
- Sensitivities to latex, silicone, fats
- Cost-effectiveness

<table>
<thead>
<tr>
<th>Exudate level</th>
<th>Key features</th>
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<tbody>
<tr>
<td>High</td>
<td>- Highly absorbent HRT dressing with inner core comprising super-absorbent polymers and cellulose. For acute and chronic wounds, including leg, foot and pressure ulcers, and wounds healing by secondary intention.</td>
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<tr>
<td>Medium</td>
<td>- Absorbent HRT dressing with inner core comprising super-absorbent polymers and cellulose. For acute and chronic wounds, including leg, foot and pressure ulcers, and wounds healing by secondary intention.</td>
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<tr>
<td>Low</td>
<td>- Highly absorbent HRT dressing with inner core comprising super-absorbent polymers and cellulose. For acute and chronic wounds, including leg, foot and pressure ulcers, and wounds healing by secondary intention.</td>
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**Cutimed® Sorbion® Sachet EXTRA**
- Extra-large pad size for greater absorbency of extensive wounds
- Autolytic debridement
- Can be used under compression
- Can be worn up to 4 days

**Cutimed® Sorbion® Sachet S**
- Highly absorbent HRT dressing with inner core comprising super-absorbent polymers and cellulose. Ideal where wound bed preparation and longer wear time are required
- Even greater absorbency/retention
- Primary wound contact
- Autolytic debridement
- Reduces odour
- Can be used under compression
- Can be worn up to 7 days

**Cutimed® Sorbion® Sachet S Drainage**
- Absorbent HRT dressing for use with catheters and drainage tubes
- High absorbent capacity and retention
- Slit design (V shape) ensures good fit at the exit point of tubes etc.
- Can be worn for up to 4 days

**Cutimed® Sorbion® Sachet Multi Star**
- Unique shape for flexible application to sites such as toes, heel, foot, sacrum, axillae, chest, elbow and wound cavities
- Expandable absorbent dressing core
- Autolytic debridement
- Can be worn up to 4 days

**Cutimed® Sorbion® Sachet Gentle**
- Unique shape for flexible application to sites such as toes, heel, foot, sacrum, axillae, chest, elbow and wound cavities
- Expandable absorbent dressing core
- Autolytic debridement
- Can be worn up to 4 days

**Cutimed® Sorbion® Sachet SDrainage**
- Extended absorbent dressing for use in draining wounds or wounds with drainage
- High absorbent capacity and retention
- Slit design (V shape) ensures good fit at the exit point of tubes etc.
- Can be worn for up to 10 days