

**MICRODEBRIDEMENT IN CHRONIC VENOUS LEG ULCERS BY USING A HYDROPHILIC FOAM DRESSING, ABLE TO ABSORB HIGHLY VISCOUS EXUDATES**

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**Aim:** In the last 3 years, the wound policy has been focused on reducing pain and pain control in different wound types. Dressings have been successfully produced to reach this important aspect. However, especially in chronic venous leg ulcers, the high viscosity of the exudate provides problems in the local treatment. Non adhering dressings cannot absorb highly viscous exudate, which results in stagnating ulcers, skin irritations and maceration of the surrounding skin.

**Methods:** In 10 cases with venous leg ulcers we observed the efficiency of the foam dressing that was used to manage the wound exudates during a period of 4 weeks. Four ulcers have been treated with a hydrophilic foam dressing\* while six other patients have been treated with 3 other foam dressings (each dressing on 2 patients).

**Results:** At time of removing the dressing, we observed the absorbing efficiency. The pain level has been evaluated by using the visual analogue scale. The hydrophilic foam dressing\* resulted in a wound-surface free of slough and non-absorbed exudate. Removing this dressing provided an effect we termed microdebridement. It was almost not necessary to clean or to rinse the wound before applying a new wound dressing. In each of the wounds treated with a hydrophilic foam dressing\* we observed a positive effect on healing. The 3 other foam dressings had a better score on pain level (what about the wound surface) would you like to describe it?). On the other hand, ulcers treated with other foam dressings showed at a stagnating or exacerbating wound aspect the end of the observation period.

**Conclusions:** The special structure of the hydrophilic foam dressing\* is favourable in patients with venous leg ulcers and highly viscous exudate. The double action, exudate absorption and microdebridement, leads to consistent wound healing results. Nevertheless, it is very important to balance patient comfort and pain perception versus efficacy of the local wound treatment in each patient.

\*PermaFoam