

**THE IMPORTANCE OF DRESSINGS IN MANAGEMENT OF WOUNDS DURING REHABILITATION AFTER KNEE ARTHROPLASTY – RESULTS OF A COMPARATIVE STUDY VERSUS TRADITIONAL DRESSING**

C. Barrera, M. Oller, J.M. Muniesa, C. Cinca, M. Piqueras, M.J. Gili

*Hospital de l'Esperança, Barcelona, Spain*

**Aim:** The aim of the present study is to compare the efficacy of hydrocolloid dressings and traditional dressings in the management of post operative wounds secondary to knee arthroplasty during the rehabilitation period.

**Methods:** A total of 250 patients were randomly allocated to a traditional dressing (control group) or to a hydrocolloid dressing. Patients were included in the study after discharge and prior to start rehabilitation. Exclusion criteria were: infected wound and intolerance to dressings. Evaluated outcomes were: quality of healing, state of the skin, dressing changes and patient comfort. Data was analyzed using a Chi-square test, t-Student and U-Mann Whitney statistical tests. An economic evaluation was undertaken to assess the comparative cost of both interventions.

**Results:** All included patients were included in the analysis with similar baseline characteristics. The mean age of the included patients was 72.9 years. Statistically significant difference in favour of experimental group was found for following outcomes: erythema ( $p=0.001$ ), body hygiene ( $p<0.001$ ), pain during flexion ( $p=0.012$ ), satisfaction with the treatment ( $p=0.037$ ) and number of dressing changes ( $p<0.001$ ). The cost of the traditional dressing was 8.9 versus 5.8 euros for the hydrocolloid dressing.

**Conclusions:** The present study shows the benefits of hydrocolloid dressings in the management of surgical wounds during the rehabilitation period. This regime is also cost effective compared to traditional dressing.

References:

Navarro-Collado MJ, Peiró S, Trénor-Gomis C, Ruiz-Jareño L, Pérez-Igualada A, Guerola-Soler N. Factors related to functional outcomes and quality of life after knee Arthroplasty. *Med Clin (Barc)*. 2000; 114(7):250-4.