



# NO FOAM ZONE!

## Guidelines for treating Heel Pressure Injuries

Foam dressings are used to promote moist wound healing. However, not all wounds are appropriate for moist wound healing.



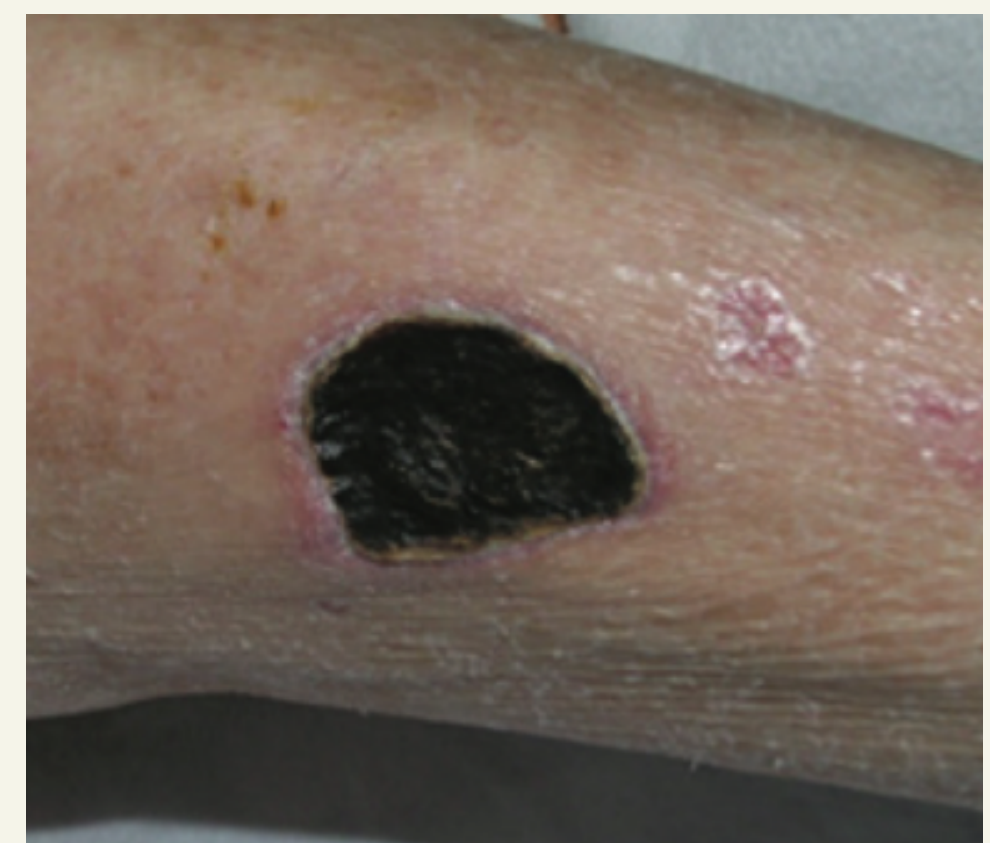
If a moist wound healing product such as foam is applied, the eschar will become boggy, this boggy wet environment is a breeding ground for bacteria and can result in a serious infection.



If dry eschar begins to lift or becomes boggy, consult Wound consultant/ Physician/ NP. At this point debridement is required. The calcaneus bone is covered by a "fat pad" that lacks vascular tissue, therefore these opened wounds can become infected leading to potential osteomyelitis.

### *Dry stable eschar on heels*

- **Goal: Maintain dry eschar as a protective cap to allow ulcer to heal.**
- **Do not debride dry stable eschar on heel.**
- **Keep the wound dry: do not cleanse with normal saline or water.**
- **Cleanse with an antiseptic solution and pat dry.**
- **Paint wound with an antiseptic as directed by prescriber.**
- **If cover dressing is required, choose a dressing that keeps the wound clean and dry i.e. Gauze dressing.**



Foam dressings should also be avoided on lower leg wounds with arterial etiology.