




## Skin and Wound Product Information Sheet

LTC Heel Lift Wedge	
<b>Classification</b>	<b>Heel Suspension: Support</b>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>Reusable device with a 4 way stretch incontinent cover barrier material</li> <li>Available with or without leg shaped troughs; troughs assist in maintaining leg position</li> <li>Can be custom fit to size</li> </ul>
<b>Indications</b>	<ul style="list-style-type: none"> <li>To protect heels at risk for skin breakdown</li> <li>To support healing of existing heel pressure ulcers</li> <li>Helps minimize leg turn-out, by securely holding the legs in the leg shaped trough.</li> </ul>
<b>Precautions</b>	<ul style="list-style-type: none"> <li>Clients with contractures, who ‘dig’ their heels into the mattress or have wound(s) to the malleoli region or back of the leg(s) need further Wound Clinician/OT/PT assessment</li> <li>The heels must not touch the bed; if heels do touch the bed, notify OT/PT/Wound Clinician for consideration of a different device</li> <li>Care is needed when using sharp instruments in proximity to the device; should the device material is punctured then the wedge needs to be discarded for infection control reasons</li> </ul>
<b>Contraindications</b>	<ul style="list-style-type: none"> <li>Do not use with clients with arterial insufficiency</li> </ul>
<b>Formats &amp; Sizes</b>	Wedge WxDxH <ul style="list-style-type: none"> <li>Regular 60x62.5x10cm (24x25x4”) with leg-shape troughs</li> <li>Bariatric 75x45x10cm (30’x 18x4”) without leg-shaped troughs</li> </ul> <div style="text-align: right; margin-top: 10px;">  </div>
Application Directions	Rationale
Determine if the leg-shape trough wedge is required for the client.	The wedge troughs assist with separation of the legs and minimizes leg rotation.
Wash the client’s lower limb with warm water and pat dry. Moisturize the skin, pat dry to remove any excess. Ensure that the spaces between the toes are dry and free from moisturizer.	To ensure healthy skin.
To Apply	
Gently raise the legs and insert the tapered end of the wedge under the lower aspect of the upper thigh such that both heels are suspended/ floated off the end of the wedge device. If using the wedge with the leg troughs, ensure that the both legs are positioned into the troughs.	This ensures correct placement of the foot and leg on the wedge and the heel is not touching the bed.
Daily Care	
With each repositioning change (eg every 2 hours), <ul style="list-style-type: none"> <li>ensure that the heels are not touching the bed and</li> <li>check the client’s skin for signs of skin irritation and pressure points</li> </ul> If using a heavy moisturizer or zinc-based product on the legs, protect the cushion with a small sheet/towel.	If device does not ensure that heels are not touching the bed then add pillow(s) to raise the heel and consult the OT/PT or Wound Clinician for an alternative device.  If skin irritation is present or reddened areas do not blanch, do not continue to use the device; use an alternative method (eg pillows) for off-loading the heel and consult OT/PT or Wound Clinician.
Cleansing of Device	
If soiled, wipe the 4-way stretch cover with agency approved antimicrobial cleanser and allow to air dry.	To ensure cleanliness of the product from body fluid that may leak onto the wedge device.
Expected Outcome	
Client does not develop a heel pressure ulcer.  Existing heel pressure ulcer heals.	
<b>For further information, please contact your Occupational Therapist, Physiotherapist or Wound Clinician.</b>	