




Skin and Wound Product Information Sheet

Prevent Wedge	
Classification	Heel Suspension: Support
Key Points	<ul style="list-style-type: none"> • Reusable device
Indications	<ul style="list-style-type: none"> • To protect heels at risk for skin breakdown • To support healing of existing heel pressure ulcers
Precautions	<ul style="list-style-type: none"> • 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 • The heels must not touch the bed; if heels do touch the bed, notify OT/PT/Wound Clinician for consideration of a different device • 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
Contraindications	<ul style="list-style-type: none"> • Do not use for clients with arterial insufficiency
Formats & Sizes	<ul style="list-style-type: none"> • Wedge LxWxD 30cm x 50cm x 5cm (12”x 20”x 2”) <div style="text-align: right;">  </div>
Application Directions	
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 wedge such that both heels are suspended/floated off the end of the wedge.	This ensures correct application to float the heels off of the bed.
Ensure that the back of the knee is positioned slightly off the wedge, protecting the popliteal artery.	Prevents damage to the popliteal artery.
Daily Care	
With each repositioning change (eg every 2 hours), <ul style="list-style-type: none"> • ensure that the heels are not touching the bed and • check the client’s skin for signs of skin irritation and pressure points. 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 medical-grade vinyl cover with agency approved antimicrobial cleanser; allow to air dry.	To ensure cleanliness if any wound exudate leaks on to the Prevent Wedge.
Expected Outcome	
Client does not develop heel pressure ulcer. Existing heel pressure ulcer heals.	
For further information, please contact your Occupational Therapist, Physiotherapist or Wound Clinician.	