

P26

Total Contact Cast and Aquacel Hydrofibre Dressing in the Management of Large, Heavily Exuding Neuropathic Diabetic Foot Ulcers

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Introduction: The treatment of large neuropathic diabetic foot ulcers with heavy exudation from the wound surface requires proper pressure relief and the use of a suitable dressing with good absorption properties. The combination treatment with the Total Contact Cast (TCC) and Aquacel Hydrofibre absorbent dressing, which absorbs fluid directly into its fibre structure, can be used successfully in the management of such wounds.

Methods: Total Contact Cast and Aquacel Hydrofibre dressing was used in the management of three large plantar heavily exuding neuropathic diabetic foot ulcers that had failed to respond to therapy with the healing shoe and standard wound dressings. Hydrofibre dressing and the cast were changed as required, depending on the amount of wound exudates. The average duration of treatment was ten weeks.

Results: The treatment was successful in all three patients. At the end of therapy, two of the wounds were completely closed, while a punctiform skin defect was still present in one. At the follow-up visit eight weeks after the end of treatment, two patients presented with recurrent ulcers that had developed as a result of inappropriate footwear.

Discussion: The reported cases show that combine treatment with the TCC and Aquacel Hydrofibre dressing is effective in the management of heavily exuding neuropathic diabetic foot ulcers. Main advantage of the Total Contact Cast is a very good pressure relief which provide the condition for the healing of neuropathic ulcers in diabetic patients. Main advantage of Aquacel Hydrofibre dressing is a good absorption, which prevents maceration of the surrounding skin and soft tissue whilst providing a moist environment that promotes successful healing of the wound.