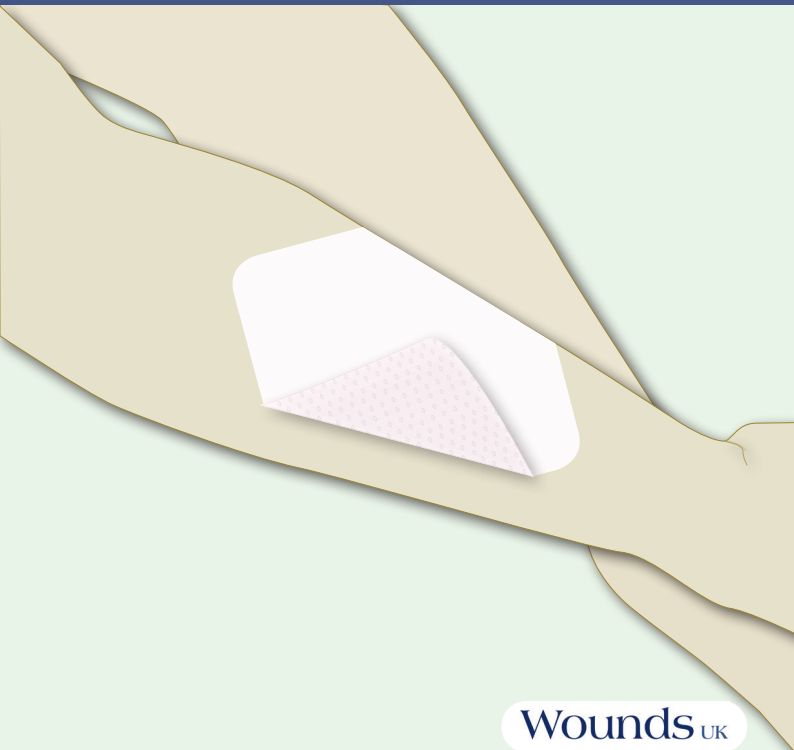


# ➤ **QUICK** GUIDE

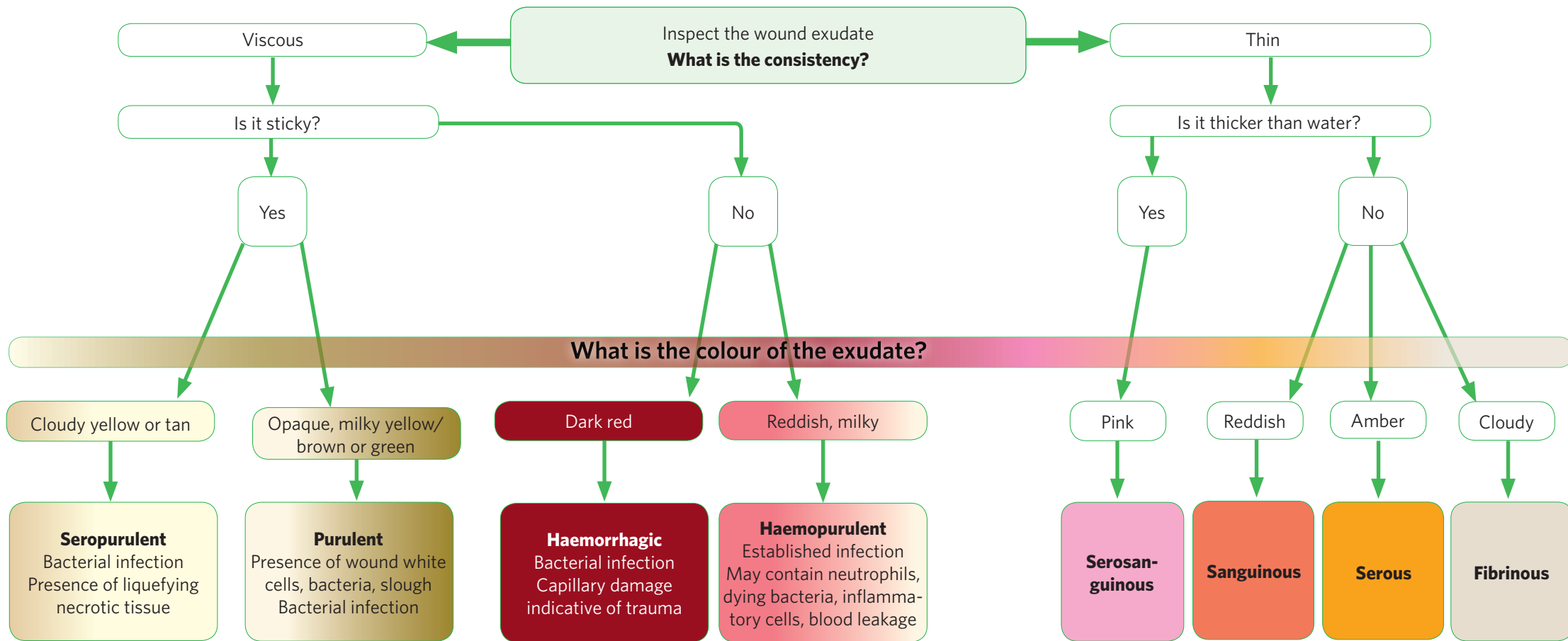
## MANAGING HIGH-VISCOSITY EXUDATE



Wounds<sub>UK</sub>

# MANAGING HIGH-VISCOSITY EXUDATE

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Choose a wound dressing specifically designed to manage all stages of healing in a wound with highly viscous exudate

Choose a wound dressing per local protocols

# ACCURATE EXUDATE ASSESSMENT

Low-viscosity (thin, runny) indicates low protein content. High-viscosity exudate (thick and sometimes sticky) indicates high protein content, which may result from increased levels of bacteria in the wound or the inflammatory process (Figure 1).



Figure 1. Courtesy Frans Meuleneire

## Factors to consider during assessment of exudate at each dressing change:

- If all the exudate has been absorbed into the dressing
- Whether the exudate is retained effectively in the dressing — is there strikethrough on the primary and/or secondary dressing?
- Leakage onto surrounding skin — is there evidence of maceration/excoriation?
- Whether the dressing is easy to remove — does the dressing adhere to the wound causing damage (e.g. bleeding) and pain on removal?
- The date of the next dressing change based on the level of dressing saturation (e.g. weight, heaviness of the dressing, strikethrough)

# DRESSINGS FOR HIGH-VISCOSITY EXUDATE

Dressings designed for wounds that produce high levels of low-viscosity exudate may not offer a suitable environment for wounds that produce a lower-volume, high-viscosity exudate, due to the mechanism by which the dressings absorb exudate.

<b>Qualities of an ideal dressing:</b>	
✓	Prevents leakage between dressing changes
✓	Prevents strikethrough
✓	Has pores large enough to absorb thick exudate
✓	Provides protection from excoriation/maceration
✓	If used under compression, has the ability to retain absorbed fluid under pressure
✓	Easy to apply and remove
✓	Stays intact and can be left in place for long duration
✓	Minimises trauma and pain on removal
✓	Low allergy potential
✓	Comfortable and conformable
✓	Cost-effective
✓	Able to manage odour
✓	Is not bulky