

Designed for people  
who happen to  
be patients.



 smith&nephew  
**ALLEVYN<sup>®</sup>**  
Life Heel



ALLEVYN® Life Heel is a multi-layered dressing incorporating a hydrocellular foam, a hyper-absorber lock away core and a masking layer. ALLEVYN Life has been designed for people in their everyday life.



### ALLEVYN Life Heel is designed to fit, conform and stay in place on the heel

- Unique shape conforms well to the complex contours of the heel<sup>1,3</sup>
- Only heel product designed to cover and protect the malleolus, providing extra cushioning and protection<sup>1</sup>
- Silicone wound contact layer adheres gently to the skin, requiring no secondary retention

### Designed for ease of application and comfort, making life better for patients, clinicians and hospitals

- Unique shape with large lobes, providing extra cushioning
- No secondary retention required, making it more comfortable for the patient and easier to apply
- Minimal pain on removal for patients with fragile skin<sup>1</sup>
- Hyper-absorber lock away core provides:
  - excellent fluid locking under pressure<sup>4</sup>
  - peace of mind leakage prevention<sup>4</sup>
  - common wound odour absorption<sup>25</sup>
- The masking layer provides a helpful change indicator:
  - avoid unnecessary dressing changes and wastage

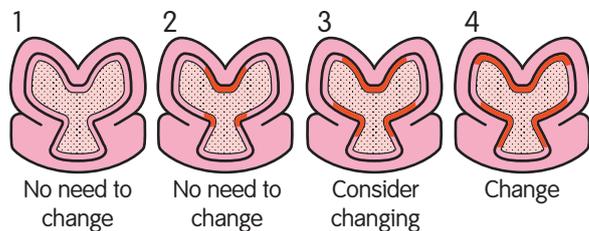
### Indications

ALLEVYN Life Heel is indicated for the management of exuding, granulating wounds on the heel healing by secondary intention.

### Frequency of change

During the early stages of wound management, ALLEVYN Life Heel dressings should be inspected frequently. Where the product is used on infected wounds, the infection should be inspected and treated as per local clinical protocol. Dressings can be left in place for up to 7 days, depending on the condition of the wound and the surrounding skin, or until exudate covers more than 50% of the absorbent pad outside of the central screen.

#### Dressing change indicator



The above is guidance and the decision of when to change should be dependent upon clinical assessment and local protocols should also be taken into consideration.

ALLEVYN – Proud to put people first



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### How to apply



Remove the central release paper and position the heel onto the dressing, with the upper (malleolus) lobes at right angles to the leg.



Remove the release paper from one of the upper lobes and fold upper lobe onto malleolus and secure in place. Repeat with the upper lobe.



Remove lower lobe release paper and fold heel flap lip, ensuring pad edge aligns with upper lobe pad edge. Secure lower lobe tab in place and repeat process.



ALLEVYN Life Heel dressing should now be in place.

### Removal

To remove the ALLEVYN Life Heel dressing, lift one corner of the dressing and slowly peel back until completely removed from the wound.

Please refer to the insert leaflet for ALLEVYN Life Heel for further information, including full instructions for use, precautions and contraindications.

### Ordering ALLEVYN Life Heel

Code	Description	Qty
66801304	25cm x 25.2cm	box/5

#### References

1. Hampton. S. An evaluation of a silicone adhesive shaped heel dressing. *Brit J Nurs* 2010; 19: S30-S33.
2. Smith & Nephew. Results from an open, prospective, randomised, within volunteer comparison of ALLEVYN Gentle Border and Mepilex Border. Data on file; 2011: report OR DOF/ 001.
3. Stephens-Haynes J, Greenwood M. Achieving effective outcomes using a soft silicone shaped foam dressing in clinical practice. *Wounds UK* 2010; 6: 173-176.
4. Roberts. S. Simulated wound model testing of ALLEVYN Life and Mepilex Border. Data on file; June 2012: report DS/12/130/DOF.
5. Roberts. S. Odour reducing properties of ALLEVYN Life. Data on file; June 2012: report DS/12/127/DOF.