

# Application + Removal Guide for ALLEVYN LIFE Heel Foam Dressing

## +Prepare

Cleanse and dry the skin. Ensure it is free of excess hair, dimethicone and other emollients.  
To help protect intact or damaged skin, consider using a liquid skin barrier such as NO-STING SKIN-PREP® before applying the dressing.



## +Apply



Ensure the dressing pad will cover the area to be protected.

Remove the middle liner first.

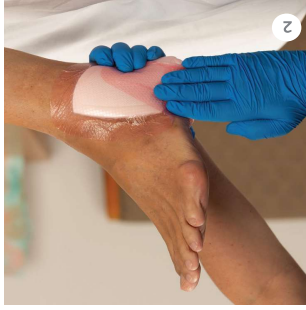
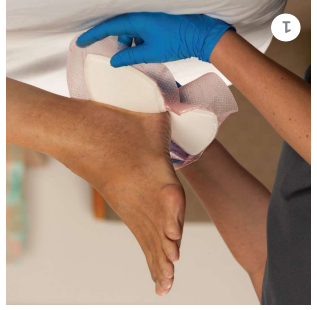
Apply the part of the dressing with the "V" shape to the back of the heel – leaving the plantar surface free.

Remove the upper liner and apply the upper lobes over the malleolus and sides of the ankle.

## +Inspect for prevention only\*

Remove the lower liner and apply the lower lobes in alignment with the upper lobe edges.  
Remove the remaining liner and apply the lower lobe to the bottom of the heel.

Smooth the borders and ensure there are no ridges, folds or air pockets in the dressing or borders.



From the edge of the border, lift the outside lobes first, then peel away dressing, only enough to inspect skin. Do not remove the entire dressing.

After inspection, smooth the borders back into place, ensuring there are no ridges, folds or air pockets.

## +Remove



Lift the border of the overlapping lobes, then slowly peel back until completely removed.

When used for wound treatment, change the dressing with each wound assessment. Do not reapply the used dressing.

Do not roll the edge of the border back onto itself.

Regular skin inspection is important when using the dressing as part of a pressure injury prevention protocol.

\*ALLEVYN LIFE is indicated for pressure injury prevention on intact skin as part of a comprehensive pressure injury prevention protocol.