

Heel Protection

For the prevention and care of pressure-related injuries



**Every
heel needs
protection.**

Why heel protection matters

Heels are the most common site for facility-acquired pressure injuries in long-term care facilities, and the second most common site for pressure injuries overall.¹

They are commonly associated with severe pain, risk of infection and lengthy hospital stays.



10%

Estimated number of patients who will develop pressure ulcers (PUs).²



4%

Amount of annual healthcare budgets in Europe spent on PUs.²



41%

Amount of PU-related costs attributable to nursing time.²

HeelMedix®

HeelMedix, designed with the help of clinicians, offers offloading and foot drop protection, as a vital part of your pressure injury prevention programme.

Did you know?

Most patients with heel ulcers are unable to ambulate, require assistance with activities of daily living, and cannot return to work until their ulcers are healed.³

HeelMedix features an intuitive design:

- Educational packaging
- Colour-coded strap system to ensure proper placement
- Instructional screen printing
- Colour-coded DVT tubing ports for easy facility standardisation



- Designed to completely offload the heel and help redistribute pressure
- Open heel design allows for airflow and easy monitoring
- Inner lining helps reduce friction and shear; half the friction of the competitor⁴
- Includes a mesh laundry bag to simplify washing and sorting

Relieve pressure and protect vulnerable heels

Clinical Studies Show Effective Results⁵

Using a pressure-sensing mat, 19 patients in a long-term care facility were tested for heel pressure on a mattress and in a Heelmedix device. Heelmedix completely offloaded the vulnerable heel area. Here are the pressure-mapping conclusions:



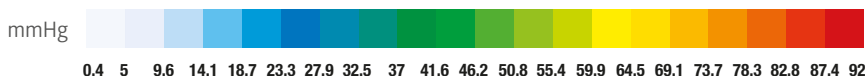
Red dotted line indicates heel



Average pressure on contact area **115.23**
The mattress had the highest heel pressure.



Average pressure on contact area **29.82**
Heelmedix completely offloaded the vulnerable heel area.



Item number	Description	Packaging
MDTE823330SW	Heelmedix, heel protector w/ wedge	4ea/master carton

Washing instructions

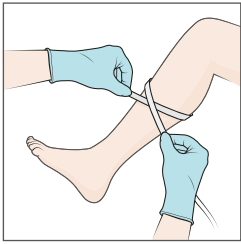
For quick cleaning: Use a damp cloth to wipe the device down and allow it to air dry.

For a thorough cleaning: Secure the straps of the device and put it into a mesh laundry bag (included). Washable in machine at 38°C/100°F maximum. Tumble dry on low/delicate cycle at 38°C/100°F maximum.

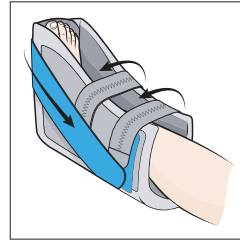
- Heelmedix is a single-patient product. Please follow cleaning instructions for better care.
- Same laundering instructions for Heelraiser, according to the instructions for use (IFU)



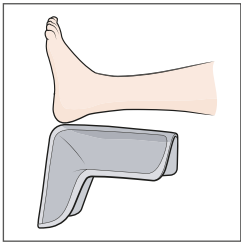
HeelMedix application instructions



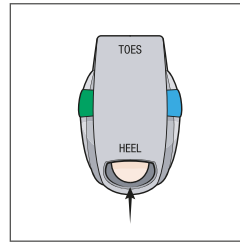
1. Measure the calf circumference using measuring tape.



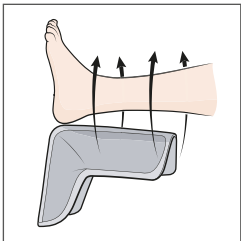
4. Secure black straps across the leg, and the blue and green straps along the sides of the boot, to the corresponding colour strips.



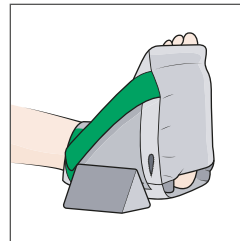
2. Open all straps and flip the boot inside out. Place the lower leg on the long side of the boot, with the heel in the hole.



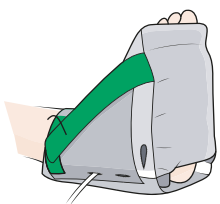
5. Make sure the heel is elevated.



3. Pull the sides up around the foot.



6. Apply one of the optional wedges to the inside/outside of the boot for extra stabilisation.



Compression device-compatible

If using an intermittent compression device, there are three ports on each side of the boot, where tubing can be run through. If using a sequential compression device, run the tubing between the top two straps of the boot. Make sure no tubing is in contact with the patient's skin.

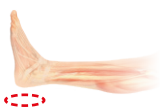


Scan the QR code to access 'Heelmedix Advanced: Instructions for Use'.

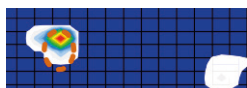
Relieve pressure on vulnerable heels

Clinical Studies Show Effective Results⁶

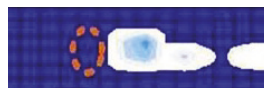
Using a pressure-sensing mat, 19 patients in a long-term care facility were tested for heel pressure on a mattress and in a Heel Raiser Pro. The Heel Raiser Pro completely offloaded the vulnerable heel area. Here are the pressure-mapping conclusions:



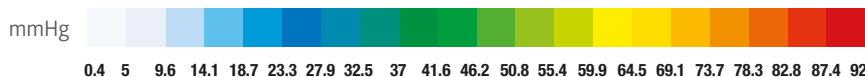
Red dotted line indicates heel



Average pressure on contact area **115.23**
The mattress had the highest heel pressure.



Average pressure on contact area **43.83**
Heel Raiser Pro completely offloaded the vulnerable heel area.



Item number	Description	Packaging
MDTE823200CS	Heel Raiser Pro; heel protector	4/cs

Heel Raiser Pro®

Heel Raiser Pro is designed to offload the heel, thereby delivering effective pressure relief to help prevent skin breakdown.

Did you know?

Heel pressure injuries can cause pain, reduce mobility and, in severe cases, may result in amputation.³

Heel Raiser Pro effectively protects heels.

- Designed to completely offload the heel, redistributing pressure along the calf
- Durable exterior glides over sheets, reducing friction and shear



Easy to use and maintain

- One size fits most
- Easily wipes clean
- Machine-washable; mesh laundry bag included



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Advanced:
Instructions for Use'**

**For more information on our products, please contact your
Medline account manager, or visit us at: www.medline.eu/uk**



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¹Fowler E, Scott-Williams S, McGuire JB. Practice recommendations for preventing heel pressure ulcers. *Ostomy Wound Management*. 2008;54(10):42-48.

²Pressure Ulcers: A Population Health Issue. Fact Sheet 6 Nov 2019. EWMA. EPUAP

³Fowler E, Scott-Williams S, McGuire JB. Practice Recommendations for Preventing Heel Pressure Ulcers. *Ostomy Wound Management* 2008; 54(10):42-47

⁴Data on file and available upon request.

⁵Data on file and available upon request.

⁶Data on file and available upon request.

Heel Protectors are class I non-sterile medical devices, intended to be used by healthcare professionals.
Before use, consult instructions and precautions on the corresponding labelling.

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