



OFFLOADING IS IMPORTANT FOR THE HEALING PROCESS. REMEMBER TO KEEP YOUR WOUND AWAY FROM ANY KIND OF PRESSURE AT ALL TIMES.



(a)



(b)



(c)



(d)



(e)



(f)

A GUIDE TO OFFLOADING FOR WOUNDS ON THE BOTTOM OF THE FOOT

Relieving pressure from Diabetic Foot Ulcers on the bottom of the foot is called off-loading. It is important that you off-load your wound to enable it to heal. However, at Nuo Therapeutics, we understand that staying off your feet is difficult, so we've compiled some tips and suggestions for equipment that can help make it a little easier on you. During treatment with Aurix™, your wound care team will apply a biodynamic gel directly to your wound bed followed by wound care dressings. Once this happens, you become the secret ingredient to healing.

WHAT IS OFFLOADING?

Offloading means limiting activities that put weight on your wounded foot.

WHY IS OFFLOADING IMPORTANT?

Aurix helps jumpstart the healing process through the formation of new cells. These cells are fragile and can be damaged easily. If this happens, it will slow or stop the healing process. Keeping weight off your wound protects these new cells from damage and clears the way for blood, oxygen and important nutrients to reach the wound and help the new cells to grow.

AFTER-AURIx™ CARE

Do not step on your foot. It may disturb the Aurix gel and possibly remove it from the wound. This will make Aurix less effective and your healing may suffer. Weight bearing may also kill newly formed cells. Healing will suffer if you put weight on your wound. Your wound should not be weight bearing as indicated in the next section.

TOOLS TO AVOID PRESSURE ON THE WOUND

Complete non-weight bearing is needed for maximum healing. You may use any of the following to keep the bottom of your foot off the floor or ground:

- A wheelchair (a)
- Crutches (b)
- Knee scooter (c)

HOW TO AVOID PUTTING PRESSURE ON YOUR WOUND

While it is best to completely remove your wound from any weight-bearing activities, you may use the following to redistribute weight away from your wound:

- A knee-high protective boot (d) with internal air bladders. The area under the wound should be cut out so that the insole places pressure only on intact skin, not the wound.
- A total contact cast (e) that redistributes weight away from the wound.

Ankle-height surgical sandals (f) are not adequate for offloading, unless a special insole is inserted. This insole should have the area under the wound cut out, so the pressure is not applied to the wound.

COMPLETE OFFLOADING IS IDEAL FOR OPTIMAL WOUND HEALING.

KEEPING ACTIVE WHILE PRACTICING OFFLOADING

Even if you are not putting pressure on your wound, exercise can be a part of your routine. Ask your doctor about types of exercise that may be right for you.