



AURIX™

**PRESSURE ULCER RELIEF FOR WHEELCHAIR OR
BED-BOUND PERSONS WITH ISCHIAL OR SACRAL WOUNDS**

It's important that you keep pressure off your wound to enable it to heal. However, at Nuo Therapeutics, we understand that this can be 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.

CARING FOR NEWLY FORMING CELLS

Aurix helps jumpstart the healing process starting with the formation of new cells. These cells are fragile and can be damaged easily. Damage to these cells may slow down the healing process. As a result, it's important to protect your wound at all times. Protecting your wound from pressure is called "pressure relief."

WHY IS PRESSURE RELIEF IMPORTANT?

Keeping weight off your wound protects the 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.

PRESSURE RELIEF FOR PEOPLE IN WHEELCHAIRS

Seat Cushions: There are many kinds of seat cushions available. Speak to your provider about which seat cushion would work best for you.

1. AIR-FILLED CUSHIONS

If you choose to use an air-filled cushion for pressure relief, the cushion should be maintained at the right level. You cannot tell the right level just by looking at the cushion, but most cushions should appear underinflated when not in use. For more information on inflating your cushion, be sure to consult the product directions and website.

2. GEL CUSHIONS

Gel cushions can have soft or firm gel, however, firm gel cushions generally do not take pressure off the wound. Soft gel cushions often require you to push the soft gel under the site of the wound site, which leaves your wound exposed to the harder surface underneath.

3. FOAM CUSHIONS

Your wound may be protected with a foam cushion if it has a cutout sized correctly (so that your wound and your two ischials, or sitting bones, are suspended). The cushion should also fit your seating surface correctly. It's best to have a health care professional help determine the right size foam cushion for you.

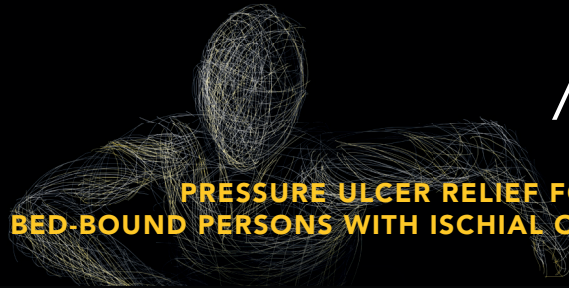
SLIDING

To protect your wound, avoid sliding or dragging your bottom on any surface. Sliding may cause your muscle tissues to stretch. If a sliding board must be used, place a towel on the board and slide the towel instead of your buttocks, muscles, and skin.



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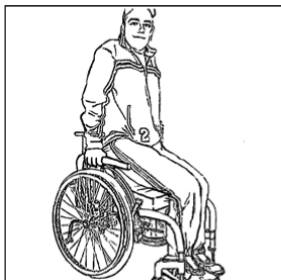


PRESSURE RELIEF IN BED

- 1. Bed Positions:** If your wound touches the bed surface when you lie in bed, try to change positions so there is no pressure on it. Pillows or wedges can help offset pressure if you tilt to one side. Sitting up in bed may put pressure on your wound, causing the muscles and tissues in your buttocks to stretch, which may reduce blood flow and impair healing.
- 2. Special Mattresses:** If lying on the wound is unavoidable, you may need a special medical mattress made specifically to help alleviate or remove pressure. Your healthcare provider will be able to help you arrange this. Most special mattresses require a hospital bedframe. Some specialty mattresses are made to fit your current box spring or bedframe while still providing pressure control.

PRESSURE RELIEF WHILE SITTING

There are several ways to relieve pressure on your wound while sitting. Try to hold each of these positions for a full minute, every 10 to 15 minutes while sitting in a chair.



(a)



(b)



(c)

- (a) Shift weight by pushing up
- (b) Lean forward and shift weight
- (c) Lean to the side to shift weight

Sprigle S, Sonenblum S. Assessing evidence supporting redistribution of pressure for pressure ulcer prevention: A review. *J Rehabil Res Dev.* 2011;48(3):203-14.