Felt pad therapy

Felt pad application instructions when treating diabetic foot and/or pressure sores

Patient information
Your doctor has prescribed felt pad therapy to promote wound healing. This brochure provides useful information on the type of treatment and gives guidelines to apply the bandages.
WHAT IS FELT PAD THERAPY?

Felt pad therapy is utilized for wounds caused by pressure and friction. These wounds mainly occur at feet level, e.g. in patients with diabetes, with neuropathy (disease affecting the nerve endings) or arterial insufficiency (lack of sufficient blood flow through the arteries). Felt pad therapy can reduce the pressure and alleviate the complaints of pain and discomfort.

TYPES OF FELT

**CELLONA® PADDING**
Dimensions: 19 cm x 38 cm
thickness 8 mm
+/- € 6 per sheet

**CELLONA® EDGE PADDING**
Dimensions: 8 cm x 5 m
thickness: 2 mm
+/- € 20 per roll

WHERE CAN YOU OBTAIN FELT PADDING?

× From specialist medical/orthopaedic suppliers
× From VIGO:
  • UZ Leuven Gasthuisberg campus, orange street, gate 2
FELT PAD APPLICATION
INSTRUCTIONS

Cut the felt to fit the size of your foot. Ensure that the full step surface is covered.

Round off the edges.

Decide where to locate the hole in the felt. The hole must be the same size as the wound.

Cut out the hole in the felt.
Check the hole. **Ensure that the edges of the cut-out come together.**

Treat the wound first and cover it with a sterile bandage. Trace the size of the wound with a pen on the outside of the bandage.

Cut the sharp felt edges at an angle with your scissors in a corner of 45°.

Apply the felt pad correctly.

Affix the felt with an adhesive bandage (Mefix® or Mepor®), like rooftiles. Ensure that the sticking plaster is not too tight and does not pull on the skin: press the sticking plaster securely onto the skin (± 2 cm) near the edges of the felt pad.
THINGS TO REMEMBER WITH FELT PAD THERAPY

• Always treat the wound first in accordance with medical instructions. The felt pad should be applied only if the bandage has been applied correctly! Felt pad = final bandage

• If necessary, trace the size of the wound with a pen on the outside of the bandage to ensure that the felt pad is applied in the correct location.

• Cut the felt pad using the template you were given at your last consultation.

• Ensure that the felt pad is not too small. Larger felt pads will distribute the pressure better.

• Make sure that the transition from felt to skin is gradual, by cutting the felt edges at an angle. This will reduce the pressure.

• Create a hole in the felt pad in a similar size as the wound. If the hole is too large the felt pad will not be as effective.

• Apply the felt pad correctly in the right location.

• Replace the felt pad daily.
• If necessary your family can help you with this by cutting a number of pads, based on the template, in advance. Make no more than two exemplars in advance, because the wound can change daily.

• Ensure that the sticking plaster is not too tight and does not pull the skin when applying the felt pad. Press the plaster securely onto the skin near the edges of the felt pad, affix the sticking plaster like rooftiles.

• If the felt pad is applied to a curved surface (e.g. the heel) cut out a quasi triangular section directed to the opening first (see drawing). The edges can then be stuck together to ensure that the felt pad is aligned with the curved surface of the foot.
CORRECT APPLICATION

**TOE**
- Wound
- Cut template

**EDGE OF THE FOOT**
- Wound
- Cut template

**HEEL**
- Wound
- Cut template
Felt pad therapy

result

result

result
INCORRECT APPLICATION

Incorrect:
• The wound is not covered in a sterile bandage. In this case the felt pad is not the final bandage.
• The opening is cut out incorrectly:
  ✔ too large,
  ✔ the edges of the hole do not meet.

Incorrect:
• The corners have not been rounded off.
• The edges have not been cut at an angle.
• The felt pad is too small.

Incorrect:
• The opening is too large (no pressure relief).
• Taped with a plastic bandage.
• Overlapping edges (can cause a new pressure sore).
CONTACT DATA

For further information or in the event of problems please contact:

- Wound care support team: Tel. 016 34 16 55
- Podiatry: Tel. 016 33 81 60
- Diabetes educators: Tel. 016 34 34 75
- E-mail: diabetesvoetkliniek@uzleuven.be

Homecare nurse: .........................................................

Telephone number homecare nurse: ..............................