

ADDITIONAL MATERIALS

Holistic management of topical chronic skin ulcers.

TYPE	ACTIONS
ANALGESIA	Instillation of 1mL/cm ² of topical sevoflurane using sterile technique. Commence irrigation from cleaner to dirtier areas, cleaning and drying wound edges after completion.
WOUND HYGIENE	Wound cleaning after each dressing change (check tissue viability, infection and inflammation, presence of exudate, epithelial edges).
PHARMACOLOGICAL	Pentoxifylline 400mg oral eight hourly to promote wound healing in venous ulcers. Moisture environment to promote cellular migration.
WOUND COMPRESSION	To promote wound healing in vascular ulcers (rule out arterial disease).
INFECTION	Use of silver or cadexomer dressings if appropriate (Vascular Surgeon referral). Tissue and blood cultures if infection suspected. Systemic antibiotics recommended as per local policy.
DEBRIDEMENT	Surgical, mechanical, enzymatic, or autolytic according to location, extension, and depth of ulcer (Vascular Surgeon referral if necrosis, slough, or detritus).
EXUDATE	Use of alginate, hydrocolloid and polyurethane foam.
OTHER	Eliminate or minimise cardiovascular risk factors (tobacco, alcohol, glycemic control, regular physical activity).