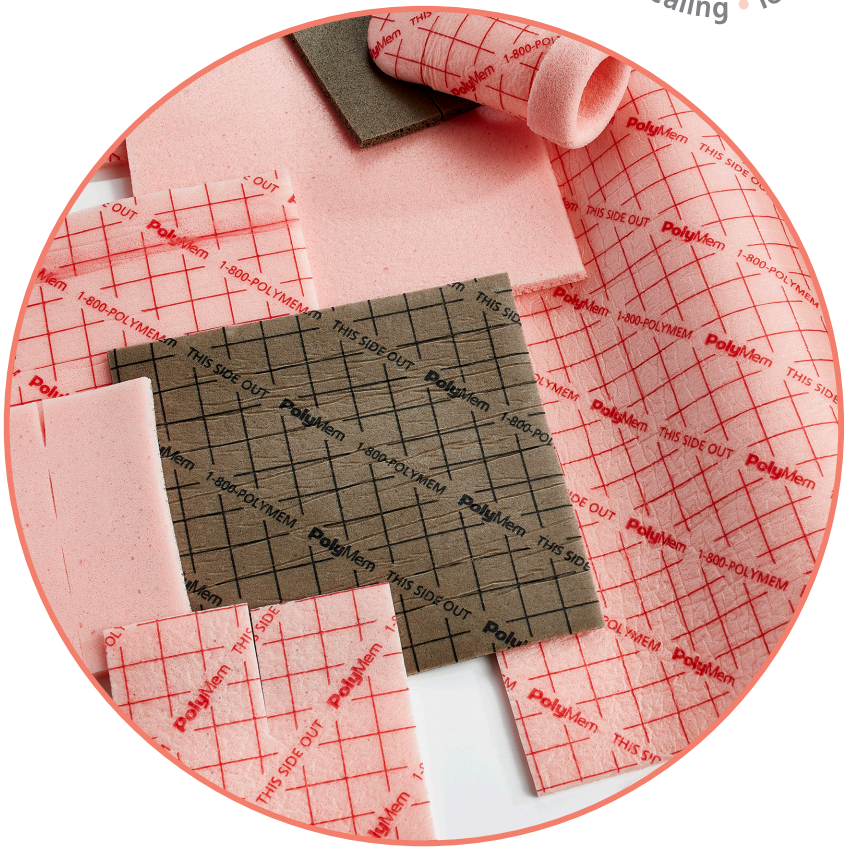
PolyMem®

CLEANSES
MOISTENS
PolyMem
FILLS
ABSORBS
more healing • less pain®



Cutting guide for difficult-to-dress areas

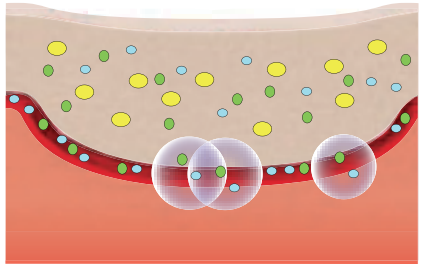
Contents

What is PolyMem and why is it unique?

PolyMem is a unique multifunctional dressing specifically designed to reduce a patient's total wound pain experience, while encouraging healing. All PolyMem dressings effectively cleanse, fill, absorb and moisten wounds throughout the healing continuum.

When PolyMem is activated by wound fluid, the dressing components work individually and synergistically to support wound healing and pain relief[1]

The dressings comprise a hydrophilic polyurethane that contains a mild, non-toxic wound cleanser, a soothing moisturiser, a superabsorbent and a semi-permeable film backing*.



Superabsorbents Glycerin Cleanser

PolyMem provides many benefits to both clinicians and patients:

- The dressing components are proven to reduce inflammation, oedema and significantly relieve wound pain by altering the actions of certain nerve endings (nociceptors)[2]
- The wound cleanser is continuously released into the wound bed while the dressing is in use
- It supports effective autolytic debridement by reducing the interfacial tension level between necrotic and healthy tissue
- The dressing is completely non-adherent and usually eliminates the need for wound bed cleansing during dressings changes - saving time, reducing pain, and supporting the wound healing process
- The moisturiser (glycerol) is simultaneously released, creating a moist wound environment and prevents the dressing from sticking - contributing to less pain during dressing changes
- The superabsorbent binds excess exudate within the dressing, helping balance moisture levels and reduce the risk of maceration
- Widely used for painful chronic wounds, radiotherapy-induced skin damage and Epidermolysis Bullosa
- New silicone adhesive version now available for sensitive skin conditions requiring fixation

* Not included in cavity products.

Dressings used in this booklet*

PolyMem Non-adhesive	Size
	8 x 8cm
	10 x 10cm
	13 x 13cm
	17 x 19cm

Composed of a patented hydrophilic polyurethane membrane matrix with a semi-permeable film backing.

PolyMem Non-adhesive Roll	Size
	10 x 61cm
	20 x 60cm

All the benefits of standard PolyMem but in a convenient roll format.

PolyMem MAX Non-adhesive	Size
	11 x 11cm
	20 x 20cm

60% more absorbent than standard PolyMem, allowing longer wear time.

PolyMem WIC	Size
	8 x 8cm

Based on the original PolyMem formulation just without the semi-permeable film backing to allow absorption from all sides.

PolyMem Finger/Toe	Size
	1 (UK ring size H-Q)
	2 (UK ring size Q-Y)
	3 UK ring size (Y-Z +7)
	4
	5

Can be adapted to dress other areas of the body such as the ear.

PolyMem Tube	Size
	7 x 7cm
	9 x 9cm

Created to accommodate tube sites.

For infected and malodorous wounds use PolyMem Silver

**The sizes used in this guide have been selected for illustration purposes only, please select the dressing size most suitable to your patient. Full product list available on the back page.*

Tips for using PolyMem

- PolyMem dressings (with the exception of PolyMem WIC) are printed with a grid with approximately 1cm squares – this can be useful as a guide for scaling up and down dressings to fit your patient
- Where flexibility or movement is required (e.g. on the neck), cut slits along the edge of the dressing to help conform to the curves of the body
- Avoid using microporous tape on the skin – only use for taping dressings together
- Where tape is needed to secure PolyMem to the skin, use silicone tape as this can be less traumatic on sensitive skin
- Do not occlude PolyMem with film dressings, excess tape or bandage as this will reduce the dressing's fluid handling ability
- For dry, non-exuding wounds including necrotic wounds, moisten dressing or wound slightly with saline or water prior to application. This will help to activate the dressing components
- For greater debridement, absorbency and longer wear time, use PolyMem MAX
- For infected and malodorous wounds use PolyMem Silver
- Outline the wound on the top of the dressing to determine when to change. Change when fluid fills the outline more than 85% or is striking outside of the outline
- A dramatic increase in wound fluid may be observed during the first few days due to the modulation of the inflammatory signalling cascade. This is not uncommon and indicates that the dressing is working
- PolyMem can be left in place for a maximum of 7 days
- In most cases, when using PolyMem, there is no need to disturb or cleanse the wound during changes unless the wound is infected or contaminated
- PolyMem WIC is the only dressing from the range without a semi-permeable film backing. The cavity filler can be layered and placed either side down. Cover with a suitable secondary dressing such as PolyMem

Precautions

- PolyMem is not compatible with oxidising agents such as hydrogen peroxide and hypochlorite solutions. If you are using these types of solutions, simply rinse or pat lightly before applying the dressing
- Topical treatments are not recommended in conjunction with PolyMem
- Avoid contact with electrodes or conductive gels
- Do not use and discontinue use on people who show signs of sensitivity, irritation, or allergy from the dressings or its materials

Cutting guides

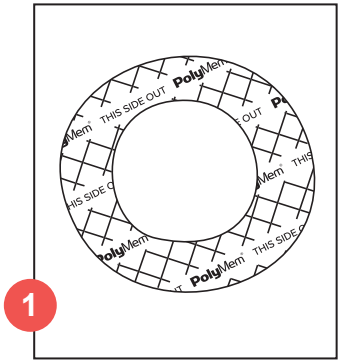
Raised skin tumour dressing

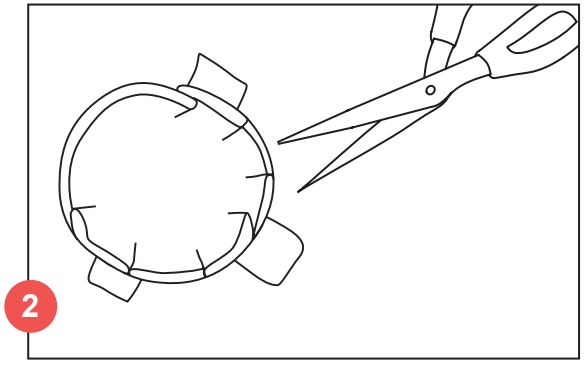
What you'll need:

- PolyMem Non-adhesive 10 x 10cm and PolyMem MAX 20 x 20cm
- Scissors
- Microporous tape
- Tubular bandage OR cohesive bandage

Instructions

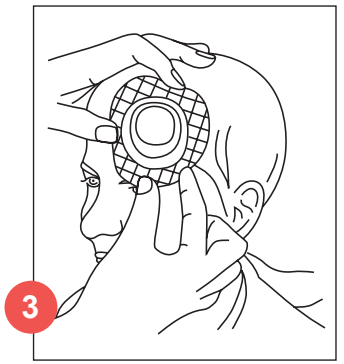
1. Using PolyMem Non-adhesive 10 x 10cm, cut a doughnut shape to fit around the tumour. This should be approximately 2 squares wide from the inner edge to the outer edge (see image **1**)

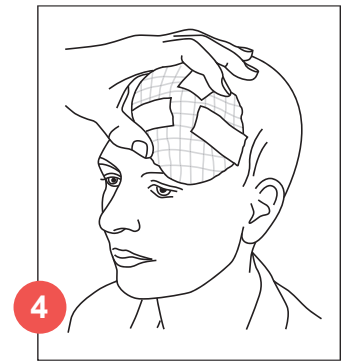




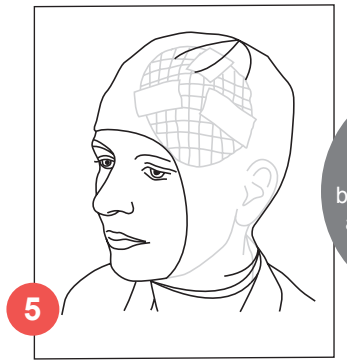
2. Take the PolyMem MAX dressing and cut a circle approximately 2 squares larger than the doughnut. Using the grid as a guide cut 1cm slits around the edge of the circle (see image **2**)

3. Place the doughnut shape around the tumour and place the PolyMem MAX circle over the tumour; the slits around the edge should allow the dressing to conform to the shape of the tumour. Where the slits overlap they can be fixed in place with microporous tape, ensuring no tape is on the skin (see images **3-4**)





4. Secure with either a tubular bandage or cohesive bandage (see image **5**)



TIP!
Cut a tubular bandage to produce a balaclava effect.

Head, ear and neck

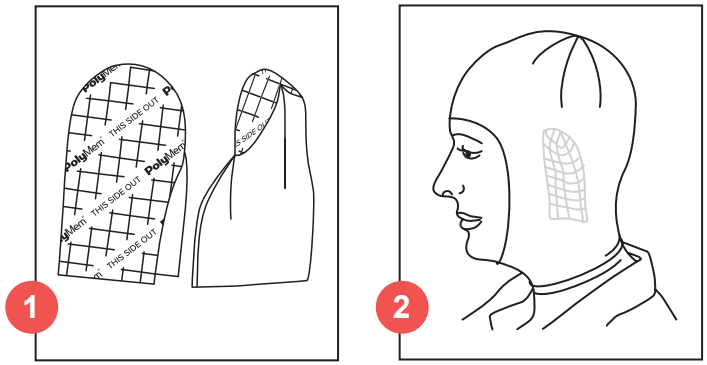
Ear dressing

What you'll need:

- PolyMem finger/toe size 5
- Scissors
- Tubular bandage OR stockinette

Instructions

1. Remove the insert from the rolled end of the dressing and discard
2. Cut the PolyMem finger/toe along one side according to the patient's ear size (see image 1)



3. Place over the ear so that the dressing covers the whole ear and secure with tubular bandage or stockinette (see image 2)

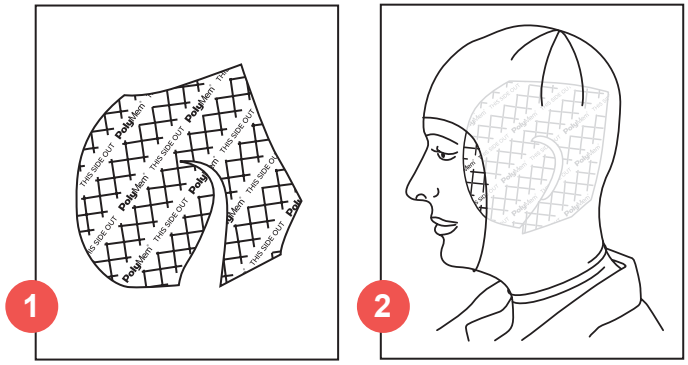
Mastoid tumour/ear dressing

What you'll need:

- PolyMem Non-adhesive 13 x 13cm
- Scissors
- Tubular bandage OR stockinette

Instructions

1. Measure approximate size of the ear/tumour area
2. Cut PolyMem Non-adhesive 13 x 13cm to the shape of ear (see image 1)



3. Secure with either tubular bandage or stockinette (see image 2)

Device related pressure ulcers (DRPU)

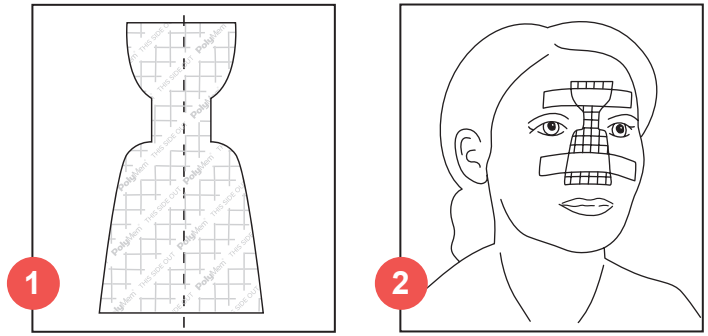
What you'll need:

- PolyMem Non-adhesive
- Scissors
- Silicone tape (for nose)
- Net dressing (for ear)

Instructions

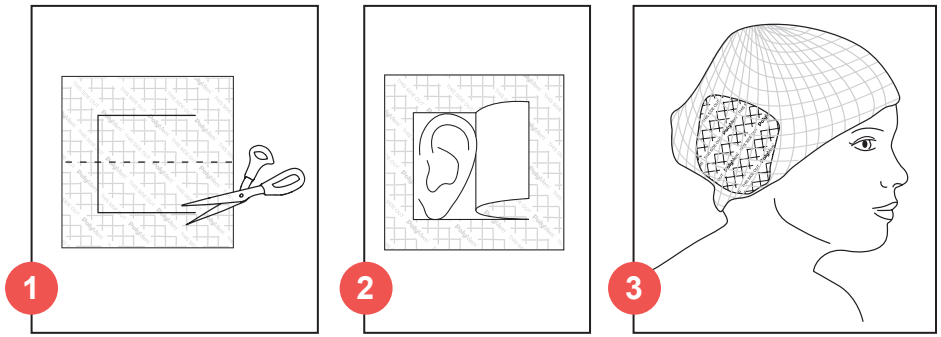
Nose

1. Fold PolyMem Non-adhesive 10 x 10cm in half lengthways and cut out pattern as shown in image **1**
2. Adapt the outline to the shape of the nose and secure with silicone tape (see image **2**)



Ear

1. Fold PolyMem Non-adhesive 10 x 10cm in half lengthways and cut a hole into the fold as shown in image **1**
2. Position ear inside the hole and bend the fold upwards (see image **2**) and secure with net dressing (see image **3**)



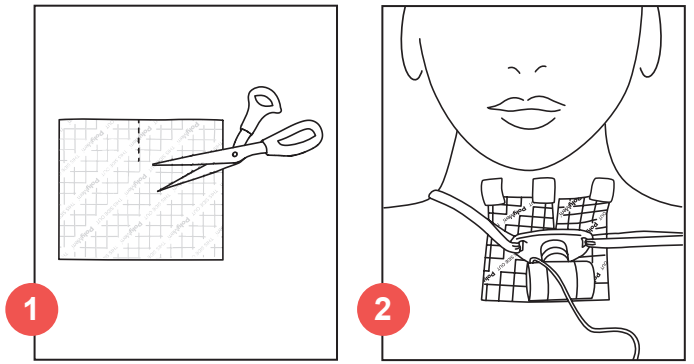
Tracheostomy and Laryngectomy dressing

What you'll need:

- PolyMem MAX 11 x 11cm (can be cut, depending on size of patient)
- PolyMem Non-adhesive 17 x 19cm
- Scissors
- Microporous tape

Instructions

1. Cut slit into the PolyMem MAX 11 x 11cm depending on the patient size to conform to the pharyngeal area (see image **1**)
2. Secure top of dressing with silicone tape (see image **2**)
   N.B. Do not overlap dressing



Inframammary fold (where the lower breast meets the chest wall)

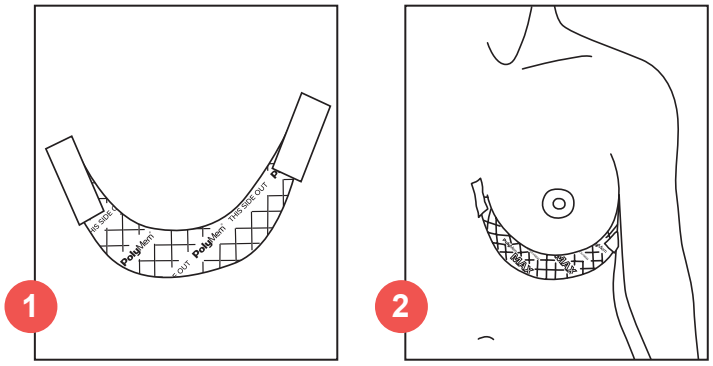
What you'll need:

- PolyMem Non-adhesive 17 x 19cm OR PolyMem MAX 20 x 20cm (depending on fluid level)
- Scissors
- Silicone tape

Instructions

1. Cut PolyMem into a half moon shape, use the grid as a guide for the size of your patient (see image 1)

   N.B. The width of the half moon should extend from the fold to 3-4cms below the breast tissue



2. Secure in place with silicone tape (see image 2)

TIP!
Avoid underwired bras as this can add to friction – cotton camisoles or vests can be more comfortable.

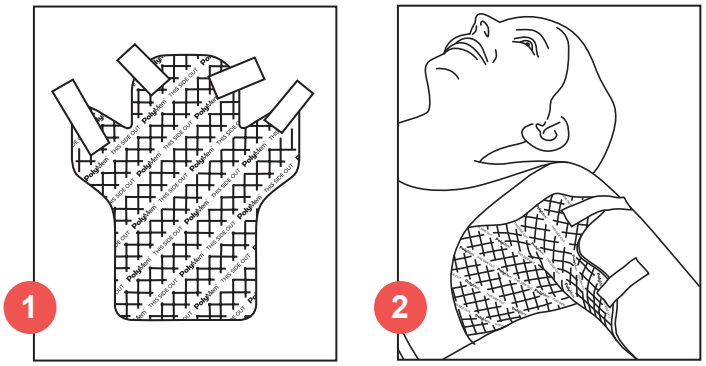
Axilla dressing involving lymph nodes

What you'll need:

- PolyMem MAX 20 x 20cm OR PolyMem Roll 20 x 60cm (depending on fluid level)
- Scissors
- Silicone tape

Instructions

1. Cut PolyMem into a hand-puppet shape, ensuring that all edges are rounded off and that dressing extends long enough under the underarm (see image 1)
2. Secure in place with silicone tape (see image 2)



TIP!
Consider a sleeved vest, t-shirt or large tubular bandage to keeping the dressing in place.

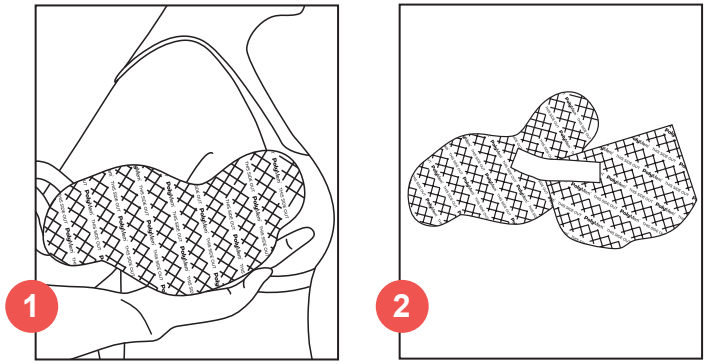
Breast lateral transverse

What you'll need:

- PolyMem MAX 20 x 20cm OR PolyMem Roll 20 x 60cm (depending on fluid level)
- Scissors
- Silicone tape
- Options to secure – camisole, maternity bra, net knickers

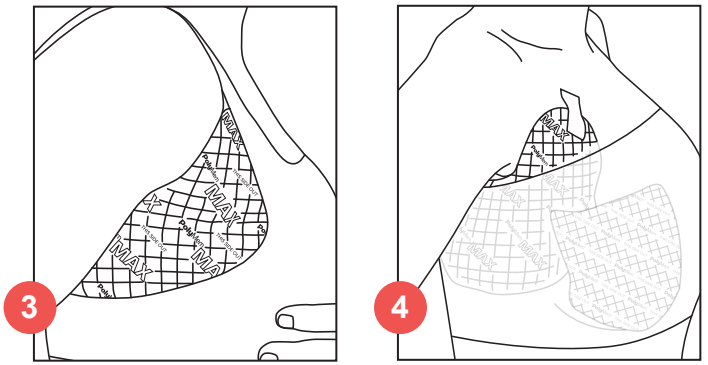
Instructions

1. Cut PolyMem to the shape of the body, ensuring all edges are rounded off to encourage conformability and comfort during use (see image **1**)



2. OPTIONAL – cut a second PolyMem dressing to shape to the breast and tape the two dressing pieces where they overlap, fixing to the skin with silicone tape if needed (see image **2**)

3. Secure in place with one of the options listed above (see image **3** and **4**)



TIP!

Cut gusset out of net knickers to use as a tube top style top. Alternatively, cut arm holes in a cotton tubular bandage and wear as a vest.

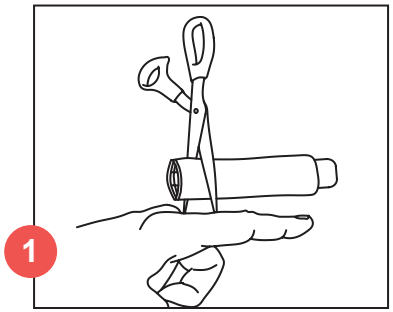
Finger/toe dressing

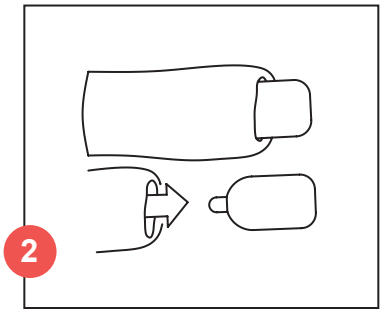
What you'll need:

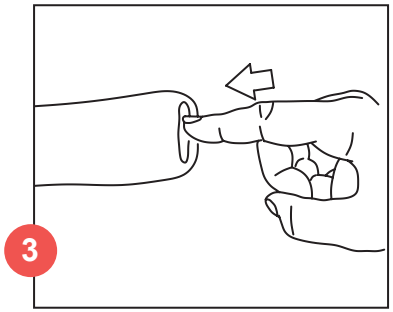
- PolyMem finger/toe (size dependent on patient)
- Scissors

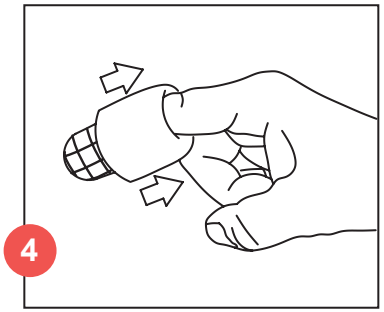
Instructions

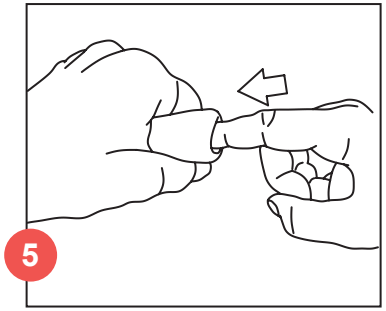
1. Measure to determine length of dressing needed, cut off excess (see image **1**)
2. Remove insert from the rolled end and discard. Insert finger into the rolled end of the dressing (see images **2** and **3**)
3. Push finger into dressing and begin rolling. The dressing should fit securely (see images **4-6**)

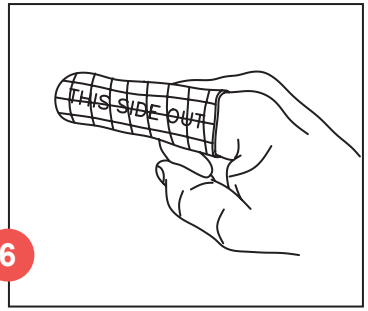




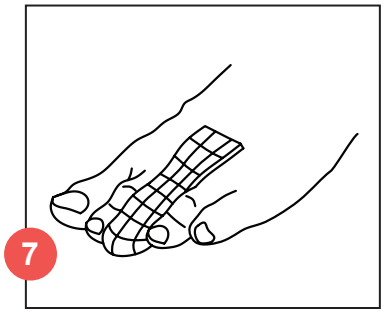


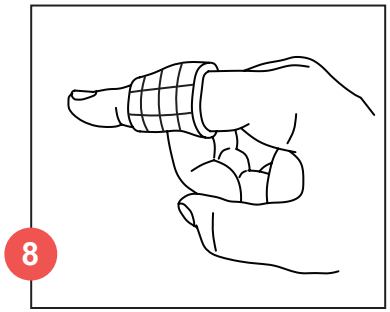


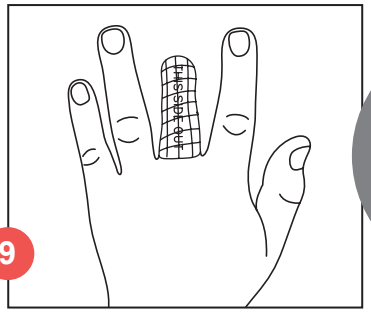




The dressing may be applied in different ways. For toes the dressings may be cut along the sides creating flaps that can be laid upon the top and bottom of the foot (see image **7**). These can be secured with tape, or the dressing may be cut to form a ring or sleeve over the injured portion of the finger (see image **8**)







TIP!
For missing digits, trim the base of the dressing and insert finger (see image 9).

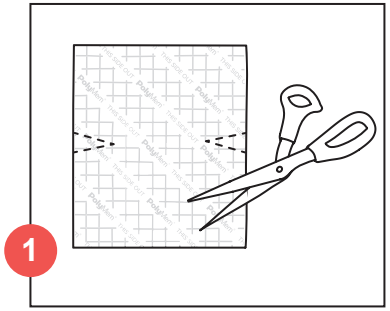
Knee/heel dressing

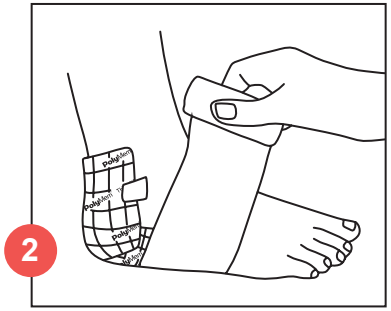
What you'll need:

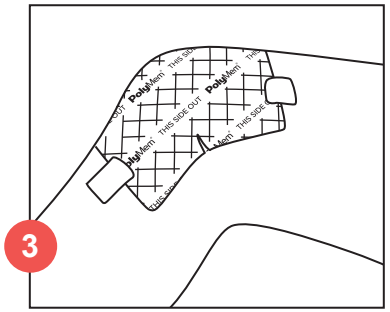
- PolyMem Non-adhesive 13 x 13cm
- Scissors
- Silicone tape
- Tubular bandage OR cohesive bandage

Instructions

1. Cut out a V shape slit on either side of the dressing (see image **1**)
2. Apply dressing over knee or heel (see images **2-3**) and secure with either silicone tape, tubular bandage or cohesive bandage







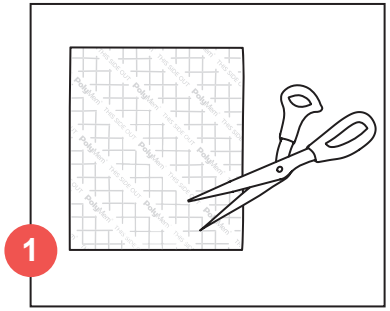
Leg/ankle dressing

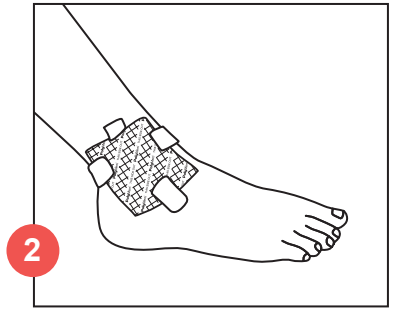
What you'll need:

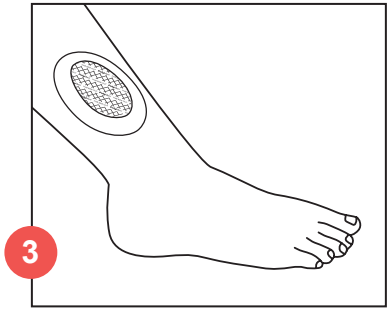
- PolyMem Non-adhesive 10 x 10cm OR PolyMem MAX 20 x 20cm (depending on fluid level)
- Scissors
- Silicone tape
- Tubular bandage OR cohesive bandage

Instructions

1. Measure the approximate size of the wound and cut dressing to size if necessary (see image **1**)
2. Secure with either silicone tape, tubular bandage or cohesive bandage (see images **2**)







TIP!

If compression therapy is not being used, PolyMem silicone border can be used instead (see image 3).

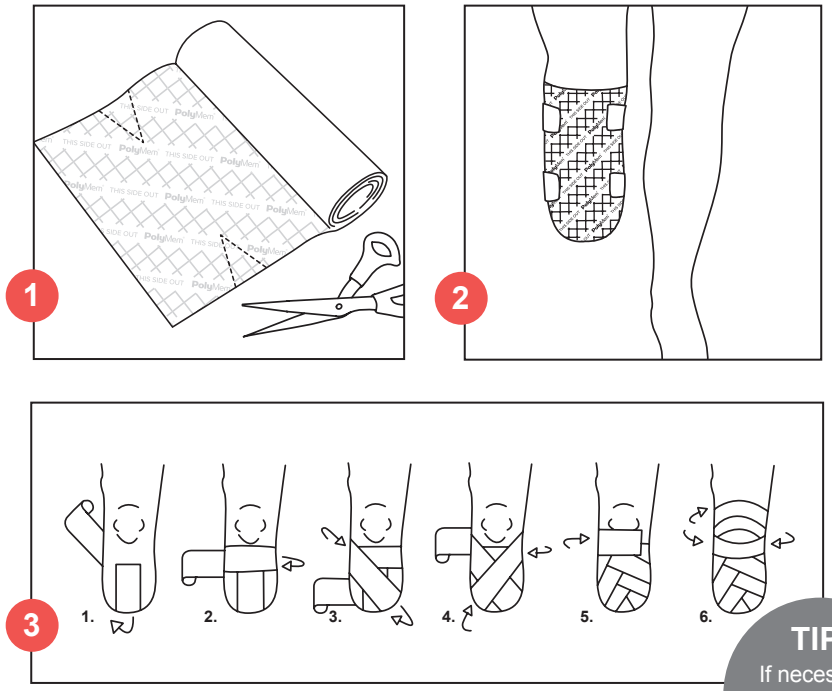
Stump wounds

What you'll need:

- PolyMem Non-adhesive Roll 20 x 60cm
- Scissors
- Silicone tape
- Stump stockinette or light bandage

Instructions

1. Cut out a V shape slit on either side of the dressing (see image 1)
2. Apply dressing over the stump, fold triangle edges until they join/meet and secure with silicone tape (see image 2) *N.B. Do not overlap dressing*
3. Apply light bandage to create stump shape (see image 3)



TIP!
If necessary, secure with a stump stockinette.

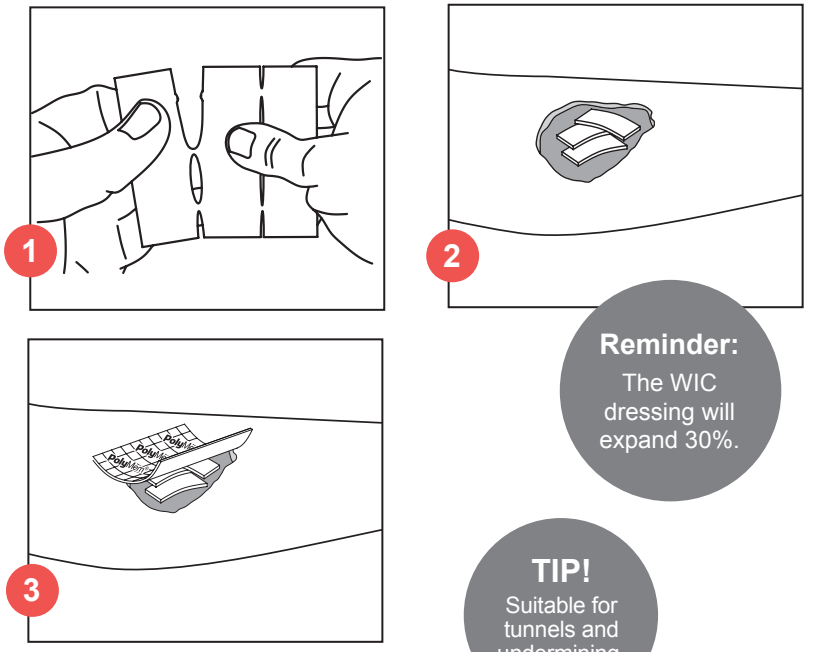
Cavity wounds

What you'll need:

- PolyMem WIC 8 x 8cm and PolyMem Non-adhesive (size dependent on size of wound)
- Scissors
- Silicone tape

Instructions

1. PolyMem WIC is perforated in 1" wide strips for easy folding, detachment or may be cut to size (see image 1)
2. Carefully place into the wound either side down until its filled (see image 2)
3. Cover with PolyMem Non-adhesive (see image 3) and secure with silicone tape



Reminder:
The WIC dressing will expand 30%.

TIP!
Suitable for tunnels and undermining.

Leg, ankle, knee and heel

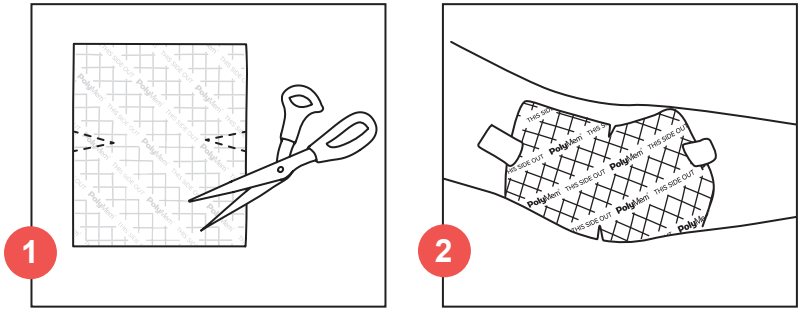
Elbow dressing

What you'll need:

- PolyMem Non-adhesive 13 x 13cm
- Scissors
- Silicone tape
- Tubular bandage OR cohesive bandage

Instructions

1. Cut out a V shape slit on either side of the dressing (see image 1)
2. Apply dressing with the arm semi-bent (see image 2)
3. Secure with either silicone tape, tubular bandage or cohesive bandage



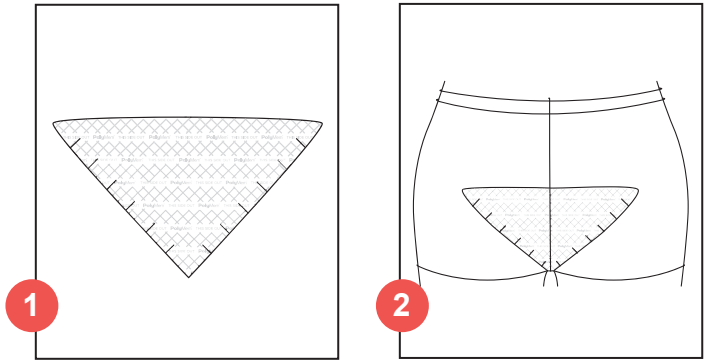
Supra pubis

What you'll need:

- PolyMem MAX 20 x 20cm (depending on size of patient)
- Scissors
- Net knickers/patients own underwear

Instructions

1. Cut PolyMem MAX 20 x 20cm in half diagonally to make a triangle shape, ensuring all edges are rounded off. Cut slits along the edges that will sit in the groin to allow dressing flexibility (see image 1)
2. Use net knickers and/or patients own underwear to keep the dressing in place (see image 2)



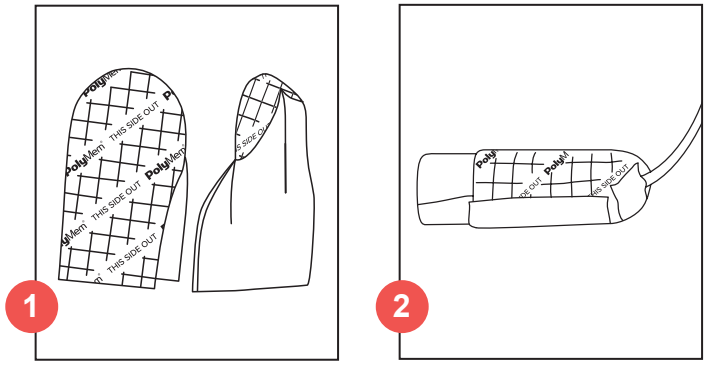
Penis dressing

What you'll need:

- PolyMem finger/toe size 5
- Scissors
- Microporous tape

Instructions

1. Remove the insert from the rolled end of the dressing and discard
2. Cut down one side of the dressing (see image 1) and secure in place with microporous tape



3. If the complete dressing is needed, cut a star shape in the tip of the dressing to allow for a catheter if required (see image 2)

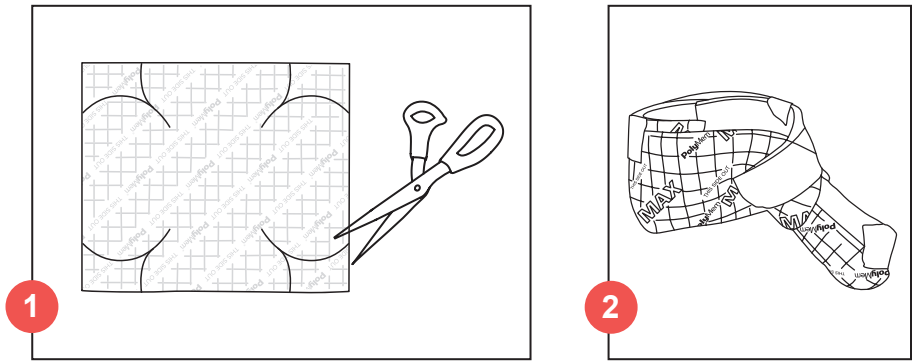
Testes dressing

What you'll need:

- PolyMem Non-adhesive 17 x 19cm OR PolyMem MAX 20 x 20cm (depending on size of patient and fluid level)
- Scissors
- Microporous tape
- Net shorts/patients own underwear

Instructions

1. Draw a four-leaf clover shape onto the dressing, ensuring all edges are rounded off (see image 1)
2. Cut along the drawn links and fold up the dressing to form a cup shape and fix in place with microporous tape (see image 2)



3. Use net knickers or patients own underwear to keep the dressing in place

Prostate / penis

PolyMem dressing selection guide

This dressing selection guide will help you determine which PolyMem dressing will be suitable for the wound, dependent on wound phase and exudate levels.

Wound phase and Exudate level	Dry ◊◊◊◊	Low ♦◊◊◊	Moderate ♦♦◊◊	High ♦♦♦◊	Excessive ♦♦♦♦
Non-infected	PolyMem			PolyMem MAX	
				PolyMem WIC + PolyMem MAX	
Malodorous, critically colonised, infected, or infection risk*	PolyMem			PolyMem MAX	
	PolyMem Silver			PolyMem Silver WIC + PolyMem MAX	
Cavity and undermining	**PolyMem WIC** (non-infected) **+ PolyMem** or **PolyMem MAX**				
	PolyMem Silver WIC (malodorous, critically colonised, infected and at risk) **+ PolyMem** or **PolyMem MAX**				

A dramatic increase in fluid may be observed during the first few days due to the modulation of the inflammatory response. This is not uncommon and indicates that the dressing is working.

* PolyMem Silver dressings are suitable to use when visible signs of infection are present as long as the patient is also on appropriate antimicrobial/antibiotic therapy per clinician order.

PolyMem is now available with a silicone adhesive border.

PolyMem educational resources

Facebook live with JCN

Enhanced wound healing with PolyMem Silicone Border

Facebook live with GPN

Understanding wound pain: the physiology of nociceptors and inflammation

E-learning module with Wound Care Today

Identifying and managing wound pain

Third party resources are accessible to all clinicians and count towards CPD revalidation.

Available to download

- PolyMem user guide
- PolyMem patient guide
- PolyMem radiotherapy guide
- Application videos
- Clinical evidence
- PolyMem cutting guide

For quick access to our support materials, scan this QR code to direct you to our webpage or visit www.hrhealthcare.co.uk/PolyMem

Ordering Details:

PolyMem Non-Adhesive

Size	Pieces per box	Product code	PIP code	NHS code
8cm x 8cm	15	5033	326-9511	ELA301
10cm x 10cm	15	5044	326-9503	ELA303
13cm x 13cm	15	5055	326-9552	ELA305
17cm x 19cm	15	5077	326-9529	ELA306
10cm x 61cm Roll	4	5244	326-9545	ELA321
20cm x 60cm Roll	2	5824	363-2510	ELA407

PolyMem Adhesive

Size	Pieces per box	Product code	PIP code	NHS code
5cm x 5cm	20	203	326-8588	ELA297
8.9cm x 11.4cm	15	405	415-2070	ELA298
Oval #3 (5cm x 7.6cm)	20	8023	326-8646	ELA1156
Oval #5 (8.8cm x 12.7cm)	15	8053	326-8653	ELA313
Oval #8 (16.5cm x 20.9cm)	10	8086	326-8661	ELA1157
Sacral (18.4cm x 20cm)	10	3709	326-8711	ELA1158

PolyMem Finger/Toe

Size	Circumference	Pieces per box	Product code	PIP code	NHS code
Size 1	1.8"-2.2"	6	4401	371-7915	ELA1159
Size 2	2.2"-2.6"	6	4402	371-7931	ELA1160
Size 3	2.6"-3.0"	6	4403	371-7923	ELA1161
Size 4	3.0"-3.4"	6	4404	386-4790	ELA1151
Size 5	3.4"-3.8"	6	4405	386-4808	ELA1162

PolyMem MAX Non-Adhesive

Size	Pieces per box	Product code	PIP code	NHS code
11cm x 11cm	10	5045	326-8729	ELA1150
20cm x 20cm	5	5088	363-2502	ELA1149

PolyMem MAX Adhesive

Size	Pieces per box	Product code	PIP code	NHS code
13.3cm x 13.3cm	15	606	415-2062	ELA1153

PolyMem Silver Non-Adhesive

Size	Pieces per box	Product code	PIP code	NHS code
10.8cm x 10.8cm	15	1044	328-5103	ELA1154
17cm x 19cm	15	1077	334-3035	ELA319

PolyMem Silver Adhesive

Size	Pieces per box	Product code	PIP code	NHS code
Oval #3 (5cm x 7.6cm)	20	1823	336-6242	ELA1163
Oval #5 (8.8cm x 12.7cm)	15	1853	336-6234	ELA1164

PolyMem Tube

Size	Pieces per box	Product code	PIP code	NHS code
7cm x 7cm	15	5333	363-2494	ELA1147
9cm x 9cm	15	5335	363-2478	ELA1148

PolyMem Silver WIC

Size	Pieces per box	Product code	PIP code	NHS code
8cm x 8cm	10	1333	346-7982	ELA1155

PolyMem WIC

Size	Pieces per box	Product code	PIP code	NHS code
8cm x 8cm	10	5733	346-7990	ELA1152

PolyMem Silicone Border

NEW

Size	Pieces per box	Product code	PIP code	NHS code
Oval #3 (5cm x 7.6cm)	10	2823	418-5310	-
Oval #5 (8.8cm x 12.7cm)	5	2835	418-5328	-
Oval #8 (16.5cm x 20.9cm)	5	2868	418-5336	-

PolyMem®

www.hrhealthcare.co.uk/polymem

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References 1. Denyer J, Agathangelou C, White R, Ousey K, HariKrishna R et al (2015) PolyMem Made Easy. Wounds International. Available at https://www. woundsinternational.com/resources/details/polymem-dressings-made-easy. 2. Beitz AJ, Newman A, Kahn AR et al (2004) A polymeric membrane dressing with antinociceptive properties: analysis with a rodent model of stab wound secondary hyperalgesia. J Pain 5(1): 38–47.

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