Venous leg ulcers are a serious complication of venous hypertension and significantly reduce patient quality of life\textsuperscript{1,2}.

3M offers an easy-to-use family of compatible products to help you manage your venous leg ulcers.
Patient assessed as having a venous ulcer on the lower leg

1. **THE PATIENT**
   - Provide appropriate **PAIN MANAGEMENT** (page 28)
   - Provide patient **EDUCATION** (Grade C, page 30)
     - Leg elevation
     - Nutrition
     - Compression therapy including use and care of hosiery
     - Exercise
   - Provide access to appropriate **PSYCHOSOCIAL** support (page 31)
   - Recommend **ELEVATION** of the lower limb to reduce oedema (Grade C, page 32)
   - **PROGRESSIVE RESISTANCE EXERCISE** to improve calf muscle function (Grade C, page 33)
   - Encourage optimal **NUTRITION AND HYDRATION** to assist healing (page 34)

2. **PREPARE THE LEG AND WOUND**
   - Prepare the surrounding skin:
     - CLEANSE the leg at dressing changes (page 35)
     - MAINTAIN SKIN INTEGRITY of surrounding leg skin (page 36)
     - CONTROL VENOUS ECZEMA (Grade C, page 36)
   - Wound bed preparation:
     - CLEANSE the ulcer at dressing changes (page 35)
     - Consider DEBRIDEMENT of non-viable tissue (Grade C, page 37)
     - Consider treating CLINICAL INFECTION (page 38–47)
     - Select appropriate **PRIMARY DRESSING** (Grade B, page 47)

3. **COMPRESSION**
   - Graduated compression therapy (Grade B, page 53)
     In the absence of arterial disease or diabetes mellitus
     aim for > 30 mmHg (elastic) or high stiffness system (inelastic)
     **Caution**: Compression should be applied by a trained health professional
     and according to manufacturer’s guidelines
   - Patients receiving compression therapy should be **MONITORED CLOSELY** to ensure they
     are able to tolerate compression and to monitor signs of healing

4. **REVIEW**
   - **Review and consider referral** (page 26)
     Ulcers not reduced in size by 25% in four weeks or failing to heal in
     12 weeks should be considered for specialist referral

5. **PREVENT RECURRENT**
   - **Prevention of recurrence**
     Measure and fit compression hosiery providing 18–40 mmHg (Grade B, page 62)
   - Ongoing encouragement should be given related to exercise, leg elevation and nutrition
   - Hosiery should be renewed at least annually

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Heavily draining wounds often require frequent dressing changes, which are not only expensive, but may also result in patient discomfort. Owing to its combination of absorbency and fluid evaporation (key dressing characteristics necessary to managing wound fluid levels), 3MTM Tegaderm™ High Performance Foam Non-Adhesive Dressing provides a high level of overall fluid management. Innovative layer technology absorbs and evaporates moisture to maintain an optimal wound healing environment.

Tegaderm™ High Performance Foam Non-Adhesive Dressing is:
- highly absorbent
- breathable
- non-adherent

Tegaderm™ High Performance Foam Non-Adhesive Dressing is constructed from a conformable polyurethane foam pad, absorbent nonwoven layers, and a top layer of printed adhesive film. This waterproof film is moisture vapor permeable which prevents wound exudate strike-through and acts as a barrier to outside contamination. The dressing maintains a moist wound environment, which has been shown to enhance wound healing.

3MTM High Performance Foam Non-Adhesive Dressing has been designed for use under compression and is suitable for low to high exuding wounds.

Cavilon No Sting Barrier Film is the ideal choice for providing peri-wound protection. It provides a breathable, transparent coating (allowing visibility of the wound margins) that repels moisture and irritants, such as wound exudate. In a study of 227 patients with highly exuding venous stasis ulcers it was observed that Cavilon No Sting Barrier Film helped to control peri – wound erythema in all patients.

Cavilon No Sting Barrier Film is:
- non-cytotoxic
- hypoallergenic
- easy to apply and does not require removal
- minimises pain and discomfort to the patient as well as reducing nursing time

A randomised controlled trial concluded that the clinical effectiveness of a multi – layer compression bandage in patients with venous leg ulcers, as measured by percentage reduction of ulcer area, was increased by the concomitant use of Cavilon No Sting Barrier Film. 3M has over 70 pieces of clinical evidence supporting the efficacy and cost effectiveness of Cavilon No Sting Barrier Film including peri-wound management for venous leg ulcers.

Coban 2 Layer Compression Systems are designed to deliver comfortable, therapeutic compression for the treatment of venous leg ulcers, lymphoedema and other conditions where compression therapy is appropriate. Coban 2 Layer Compression Systems are stiff systems developed to provide high working pressures and low tolerable resting pressures. Coban 2 Layer Compression Systems provide fast and easy application with reduced guesswork. In two randomised controlled trials, the patented two-layer systems are clinically proven to:
- Provide sustained compression without slipping
- Significantly reduce leg pain
- Reduce chronic oedema
- Support healing and reduce the size of venous leg ulcers
- Improve patient comfort and physical symptoms

Coban 2 Layer Compression Systems provide cost effective, sustained, therapeutic compression for up to 7 days. The interlocking materials create an inelastic sleeve with the stiffness required to distribute muscle contraction forces equally beneath the bandage to support the muscle pumps and reduce oedema.

Coban 2 Layer Compression System is ideal for treating the majority of patients with ABPI greater than or equal to 0.8.

Coban 2 Layer Lite Compression System provides 25% reduced resting pressure - an effective, safe and comfortable option for patients less tolerant of compression with an ABPI greater than or equal to 0.5 eg. those who are new to compression, frail or less mobile.
References

2. Australian and New Zealand Clinical Practice Guideline for Prevention and Management of Venous Leg Ulcers, 2011

Ordering Information

### 3M™ Cavilon™ No Sting Barrier Film

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### 3M™ Tegaderm™ High Performance Foam Non-Adhesive Dressing (nonadhesive)

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For more information, visit our websites: