



Parafri^{ct}a[®]

Low Friction Technology[™]

User Guide For Undergarments



*Reducing the risk of
shear-related skin breakdown*

*Pressure Ulcer **prevention** made easy*

There are three types of Parafricta® undergarment

Slip-on
Boxer Style



Slip-on
Brief Style



Velcro®-closure
Brief Style



Parafricta® undergarments contain a unique **ultra-low friction** fabric and are designed to protect fragile skin on the sacrum, buttocks and hips against damage caused by **friction** and associated **shear**

- Help to prevent, and aid in the healing of, pressure ulcers and friction lesions (“bedsores” and “abrasions”)
- Aid in the retention of wound dressings by preventing “rucking up”
- Are particularly useful for patients repeatedly slipping down the bed or chair and for wheelchair users
- Are easily removable to inspect vulnerable skin
- can be washed and reused, (see instructions on the care label)

Instructions for use

- Designed for continual wear under clothes or nightwear in combination with suitable pressure relieving devices such as mattresses, cushions or overlays
- Select the right size and style
- If it is difficult for the user to get the slip-on styles on or off, consider using the Velcro®-closure Brief
- Change to a clean undergarment if there is soiling or according to clinical judgement
- Incontinence pads may be worn with the undergarments

When to use Parafricta® Undergarments

According to the criteria established by a medical professional for patients to be at most risk of pressure ulcers, for example

- When there are already early signs of skin breakdown e.g. non-blanching erythema (reddened skin); abrasions; high sub-epidermal moisture
- When patients are dragging skin on the support surface whilst repositioning e.g. using a transfer board from bed to chair
- When patients' conditions result in chronic repetitive movements
- When there is a particular cause of extreme skin fragility (e.g. in diabetics or at end of life)

Can the undergarments be used for incontinent patients?

Incontinence pads may be worn, but vulnerable skin or dressed wounds should remain in contact with the lining fabric of the undergarment. The undergarments are less likely to be of benefit to patients wearing an adult nappy.

Can the undergarments be worn over dressings?

They can be used to help retain wound dressing by preventing "rucking up"

Are they useful to prevent skin soreness in the groin area?

Skin folds in the groin area are susceptible to dermatitis caused by friction and rubbing of warm, moist skin which may be reduced by wearing Parafricta® boxer style undergarments

How can heavy soiling be removed?

Heavily soiled items may be pre-soaked in a solution containing a proprietary oxidising stain remover. All items should be washed with minimal other washing in a hot, 60°C synthetics cycle and air dried.

Hospital laundries may use a wash cycle that includes 70°C for 10 minutes (sanitising cycle).

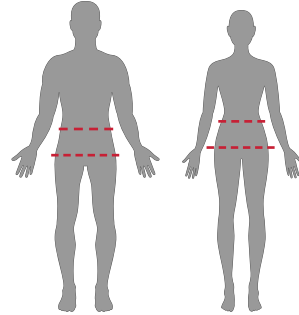
References

NICE Pathway for Pressure Ulcers:
<http://pathways.nice.org.uk/pathways/pressure-ulcers#>
Clinical and cost effectiveness evaluation of low friction and shear garments (G. Smith & A. Ingram, Journal of Wound Care Vol 19, N°12 - Dec 2010)




Shear Protection Undergarments

Taking Measurements

Both the waist and the hips dimensions are required to ensure the best fit. Go first by the hip size closest to the users if in doubt which size to select.



Size Selection

Product Description	Product Size	Hip Size (cm)	Waist Size (cm)	Product Code	PIP Code*
 Velcro®-closure Brief Style	X-small	86-90	56-65	PFFUG-001XS	361-3916
	Small	91-99	67-80	PFFUG-001S	361-3916
	Medium	100-110	81-93	PFFUG-001M	361-3924
	Large	111-120	94-106	PFFUG-001L	361-3932
	X-Large	121-130	107-121	PFFUG-001XL	361-3940
 Slip-on Brief Style	X-small	86-90	56-65	PFFUG-002XS	361-3809
	Small	91-99	67-80	PFFUG-002S	361-3817
	Medium	100-110	81-93	PFFUG-002M	361-3825
	Large	111-120	94-106	PFFUG-002L	361-3833
	X-Large	121-130	107-121	PFFB-001XL	361-3841
 Slip-on Boxer Style	X-small	86-90	56-65	PFFUG-003XS	361-3858
	Small	91-99	67-80	PFFUG-003S	361-3866
	Medium	100-110	81-93	PFFUG-003M	361-3874
	Large	111-120	94-106	PFFUG-003L	361-3882
	X-Large	121-130	107-121	PFFUG-003XL	361-3890
	XX-Large	131-152	122-140	PFFUG-003XXL	403-2934

*pharmacist ordering codes for FP10 prescriptions

Parafricta®

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