

Dressings ABCDs

(based on best practice/cost containment)

Absorptive:

Mesorb

Mextra (or Extrasorb)

Aquacel/Aquacel AG (see below)

Baby diapers

Maxi-pads (over-night slim)

Foam dressing with silicone (various companies make this): Mepilex, Biatain, Aquacel foam (new), 3M foam...

Anti-bacterial:

Silver

Aquacel AG

Acticoat (expensive, but powerful)

Other silver dressings are good but these 2 are superior (in my opinion)

Foam AG (see in absorptive section for options, which come in AG version)

Honey

Medi-honey: in tube/HCG version with & without border

Iodine:

Iodosorb

Inadine

“plain” Povidine/Betadine for non-healing wounds

Salt:

Mesalt 4X4 and ribbon

Hydrofera Blue (versatile & powerful)

Crust/crap (debridement options):

3M Tegaderm hydrocolloid

HCG Honeycolloid

Dry (just for protection):

Medipore + pad (3M)

Non-woven gauze (various sizes)

Skin tears:

Absorbent acrylic dressing (3M)

Adaptic Touch Non-Adherent (the digit version is great, but watch if using on a swollen digit)
Mepitel One-touch
Restore contact layer (the AG version is the one I prefer)

Barrier products:

Cavilon wipes and barrier cream
New product: Cavilon Advanced Skin Protectant (very good product for Moisture Associated Dermatitis)
Other companies make barrier product groups as well, that are good.
ProShield Plus (combo of cream & foam spray)

Continence cleansers:

Many on the market to select—3M, Smith & Nephew, Coloplast, etc.

Wound cleanser:

Restore wound Cleanser (Hollister) or Seacless (look for one with surfactant)

Compression wrap:

Coban 2 Lite or Coban 2. All of the dressings mentioned here work under compression wraps.
New: Edemawear—low compression; good patient adherence-- also very useful as a replacement for Tubi-grip (which has Latex)

Things to avoid:

Calmoseptine: contains lanolin
Viscopaste or zinc oxide products (difficult to remove)
Bactigras (re: chlorhexidine—cytotoxic & paraffin—limits moisture vapour transfer)
Jelonet: also paraffin impregnated—reduces mvt.
The “old” abd pads: do not allow mvt, require frequent changes, etc. replace with Mesorb pads.
Transparent films—only real use is for fixing IV or other tubing. Not for skin tears. Occlusive—doesn't allow mvt.
Telfa pads. Do not provide mvt; despite the claim, this dressing does stick to wound bed. Use a non- adherent dressing instead or Mesorb or Medipore with pad...

These are the basic dressings, based on the current literature as well as clinical practice. I have no vested interest/financial relationship with any of the companies. There are probably a few other dressings (and some of the advanced dressings) that I am not mentioning here—but these are the basics.

Rosemary Kohr, RN, PhD
Tertiary Care Nurse Practitioner Certificate

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