



Felt pad therapy

Felt pad application instructions when treating diabetic foot and/or pressure sores

P a t i e n t i n f o r m a t i o n

WHAT IS FELT PAD THERAPY?	3
TYPES OF FELT	3
FELT PAD APPLICATION INSTRUCTIONS	4
THINGS TO REMEMBER WITH FELT PAD THERAPY	6
CORRECT APPLICATION	8
INCORRECT APPLICATION	10
CONTACT DATA	11

Your doctor has prescribed felt pad therapy to promote wound healing. This brochure provides useful information on the type of treatment and gives guidelines to apply the bandages.

WHAT IS FELT PAD THERAPY?

Felt pad therapy is utilized for wounds caused by pressure and friction. These wounds mainly occur at feet level, e.g. in patients with diabetes, with neuropathy (disease affecting the nerve endings) or arterial insufficiency (lack of sufficient blood flow through the arteries). Felt pad therapy can reduce the pressure and alleviate the complaints of pain and discomfort.

TYPES OF FELT

CELLONA® PADDING

Dimensions: 19 cm x 38 cm
thickness 8 mm
+/- € 6 per sheet



CELLONA® EDGE PADDING

Dimensions: 8 cm x 5 m
thickness: 2 mm
+/- € 20 per roll



WHERE CAN YOU OBTAIN FELT PADDING?

- ✗ From specialist medical/orthopaedic suppliers
- ✗ From VIGO:
 - UZ Leuven Gasthuisberg campus, orange street, gate 2



FELT PAD APPLICATION INSTRUCTIONS



Cut the felt to fit the size of your foot. Ensure that the full step surface is covered.



Round off the edges.



Decide where to locate the hole in the felt. The hole must be the same size as the wound.



Cut out the hole in the felt.



Check the hole. **Ensure that the edges of the cut-out come together.**



Cut the sharp felt edges at an angle with your scissor in a corner of 45°.



Treat the wound first and cover it with a sterile bandage. Trace the size of the wound with a pen on the outside of the bandage.



Apply the felt pad correctly.

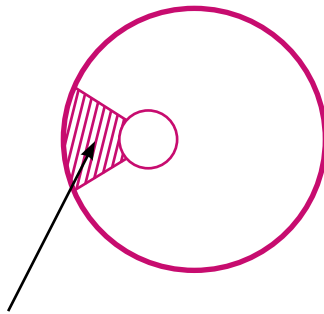


Affix the felt with an adhesive bandage (Mefix® or Mepor®), like rooftiles. Ensure that the sticking plaster is not too tight and does not pull on the skin: press the sticking plaster securely onto the skin (± 2 cm) near the edges of the felt pad.

THINGS TO REMEMBER WITH FELT PAD THERAPY

- Always treat the wound first in accordance with medical instructions. The felt pad should be applied only if the bandage has been applied correctly! **Felt pad = final bandage**
- If necessary, trace the size of the wound with a pen on the outside of the bandage to ensure that the felt pad is applied in the correct location.
- Cut the felt pad using the template you were given at your last consultation.
- Ensure that the felt pad is not too small. Larger felt pads will distribute the pressure better.
- Make sure that the transition from felt to skin is gradual, by cutting the felt edges at an angle. This will reduce the pressure.
- Create a hole in the felt pad in a similar size as the wound. If the hole is too large the felt pad will not be as effective.
- Apply the felt pad correctly in the right location.
- Replace the felt pad daily.

- If necessary your family can help you with this by cutting a number of pads, based on the template, in advance. Make no more than two exemplars in advance, because the wound can change daily.
- Ensure that the sticking plaster is not too tight and does not pull the skin when applying the felt pad. Press the plaster securely onto the skin near the edges of the felt pad, affix the sticking plaster like rooftiles.
- If the felt pad is applied to a curved surface (e.g. the heel) cut out a quasi triangular section directed to the opening first (see drawing). The edges can then be stuck together to ensure that the felt pad is aligned with the curved surface of the foot.



cutting out a section

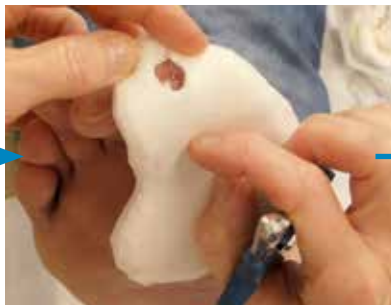
CORRECT APPLICATION

TOE

wound



cut template



EDGE OF THE FOOT

wound



cut template

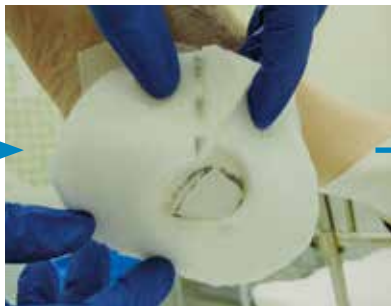


HEEL

wound



cut template

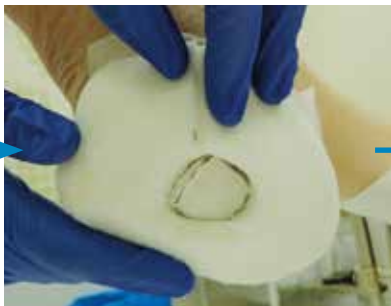




result



result



result



INCORRECT APPLICATION



Incorrect:

- The wound is not covered in a sterile bandage. In this case the felt pad is not the final bandage.
- The opening is cut out incorrectly:
 - ✓ too large,
 - ✓ the edges of the hole do not meet.



Incorrect:

- The corners have not been rounded off.
- The edges have not been cut at an angle.
- The felt pad is too small.



Incorrect:

- The opening is too large (no pressure relief).
- Taped with a plastic bandage.
- Overlapping edges (can cause a new pressure sore).

CONTACT DATA

For further information or in the event of problems please contact:

- Wound care support team: Tel. 016 34 16 55
- Podiatry: Tel. 016 33 81 60
- Diabetes educators: Tel. 016 34 34 75
- E-mail: diabetesvoetklinik@uzleuven.be

Homecare nurse:

Telephone number homecare nurse:

© December 2020 UZ Leuven

This text can only be copied subject to prior authorisation from the UZ Leuven communications department.

Design and implementation

This text was written by the diabetes team, podiatrist and wound care nurse in conjunction with the communications department.

This brochure is also available at www.uzleuven.be/en/brochure/700502.

Comments or suggestions pertaining to this brochure can be submitted via communicatie@uzleuven.be.

Published by
UZ Leuven
Herestraat 49
3000 Leuven
tel. 016 33 22 11
www.uzleuven.be

 mynexuzhealth



Consult your medical record via
www.mynexuzhealth.be or

