

## EB Wound Care

Wound care products have three main purposes for people with EB: to help wounds heal, to prevent new wounds, and to provide comfort.

## 护理伤口

对于患有EB的人，护理伤口的产品有三个主要的作用：帮助伤口愈合，预防新的伤口，以及提供舒适感。

### Cleansers and Moisturizers

It is important to use gentle cleaners and wash the wounds and skin routinely.

#### 1. Clean wounds with mild unscented soap or a wound cleanser

- Wound Wash - used to clean wounds and remove drainage, bacteria, and non-viable tissue

2. Use topical ointments to maintain a moist environment and keep dressings from sticking to the wound. It is best to apply these directly to a dressing instead of directly to the skin to prevent injury.

#### Common moisturizers

- Aquaphor (general use)
- White petroleum (general use)
- Bacitracin or polysporin (antibiotic ointments for infected wounds)
- MediHoney (for draining wounds)

### 清创药水和润肤露

用温和的清洗剂定期清洗伤口和皮肤是非常重要的。

用温和无香的肥皂或者伤口清洗剂清洗伤口。

伤口洗剂——用于清洗伤口和清除脓水，细菌，和坏死组织。

用软膏保湿，防止绷带粘上伤口。为了防止二次伤害，最好把软膏直接涂在绷带上，而不是直接把它涂在皮肤上。

#### 常用保湿剂

- Aquaphor (常用)
- White petroleum (常用)
- Bacitracin or polysporin (抗生素软膏，用于处理感染的伤口)
- MediHoney (用于流脓伤口)

## Dressings/Bandages

## 绷带

### First Layer (directly on skin)

These products have direct contact with skin and are thin to allow drainage of wounds. They can usually be left on a healing wound for several days without disturbing newly healed skin. This layer isn't always necessary and oftentimes caregivers will skip directly to the second layer.

#### First layer dressings

- *Restore Contact Layer* – apply directly to a wound, usually underneath another bandage. Remove both sides of film backing, cover entire wound, then apply a secondary dressing such as Mepilex Lite, Mepilex Transfer, or Mepilex

### Second Layer (over first or directly on skin)

#### Moisturized Gauze

Moisturized gauze can be used directly on the skin. It is best to use additional moisturizers to prevent drying out.

- Vaseline Gauze
- Aquaphor Gauze
- Viscopaste Zinc Oxide Paste Gauze

#### Basic Non-Stick Gauze

Protects wounds without sticking. Can be used directly on skin or over a first layer. Best to use with a moisturizer.

- Telfa
- Release
- Non-Adhesive Pads

### 第一层, (直接在皮肤上)

这些产品与皮肤直接接触。它们非常薄以便伤口排脓。通常来说, 它们可以被留在愈合中的伤口上数日, 而不会破坏新愈合的皮肤。这一层绷带不总是必需的; 很多时候护理人员会直接跳到第二步。

#### 第一层绷带

- *Restore Contact Layer* ---直接放在伤口上, 通常置于另一层绷带的下面。除去两边的覆盖膜, 对准整个伤口, 然后放上第二层绷带, 比如 Mepilex Lite, Mepilex Transfer, 或者 Mepilex

### 第二层, (直接在皮肤上)

#### 湿纱布

湿纱布可以被直接用在皮肤上。最好用额外的保湿剂来防止它被风干。

- Vaseline Gauze
- Aquaphor Gauze
- Viscopaste Zinc Oxide Paste Gauze

#### 不粘的纱布

防止伤口黏合在一起。可以被直接用在皮肤上或者在第一层上面。最好跟保湿剂在一起用。

- Telfa
- Release
- Non-Adhesive Pads

<p><b>Foams</b></p> <p>Foams are non-stick and absorbent. They provide padding and keep wounds moist. They can be used on wounds with light to heavy amounts of drainage, but should be changed if it becomes fully saturated with drainage. See specifics below.</p> <ul style="list-style-type: none"> <li>• <i>Mepilex</i> – used for heavier draining wounds or as padding to protect feet, knees, elbows. Cut to size of wound, remove film backing, apply thin layer of moisturizer to sticky side then cover the wound</li> <li>• <i>Mepilex Lite</i> – remove film backing, apply a thin layer of moisturizer directly to sticky side and cover the wound</li> <li>• <i>Mepilex Transfer</i> – a stretchy, conformable primary dressing that absorbs drainage, protects fragile skin, and provides padding. Cut to appropriate size, remove film backing, apply thin layer of moisturizer directly to sticky side of dressing and apply directly to wound or skin</li> <li>• <i>Mepilex AG</i> – use for heavier draining and infected wounds</li> <li>• <i>Biotan</i>- used for heavier draining infected wounds. Cover wound with dressing and hold in place with gauze or tubular retention bandage</li> </ul>	<p><b>泡沫</b></p> <p>泡沫是不粘的和有吸附性的。它们可以保持伤口湿润。它们可以被用在有不同程度化脓的伤口上面，但是应该被更换如果它们完全充满了脓。</p> <ul style="list-style-type: none"> <li>• <i>Mepilex</i> --- 被用在化脓严重的伤口上或者被用做保护脚，膝盖，胳膊肘的创伤垫。把它剪成伤口的大小，揭掉后面的贴纸，在有粘性的那面加薄薄的一层保湿剂，然后贴在伤口上面。</li> <li>• <i>Mepilex Lite</i> --- 揭掉后面的贴纸，在粘的那面加薄薄的一层保湿剂，然后贴在伤口上面。</li> <li>• <i>Mepilex Transfer</i> --- 这个有弹性的绷带可以吸收脓液，保护脆弱的皮肤，提供保护。把它剪成伤口的大小，揭掉后面的贴纸，在有粘性的那面加薄薄的一层保湿剂，然后贴在伤口上面。</li> <li>• <i>Mepilex AG</i> --- 对于严重的化脓和并感染的伤口使用。</li> <li>• <i>Biotan</i> --- 对于严重的化脓和感染的伤口使用。用绷带覆盖伤口，并用纱布或者 Tubular Retention 固定绷带。</li> </ul>
<p style="text-align: center;"><b>Third Layer (outermost layer, covers other bandages)</b></p> <p><b>Gauze</b></p> <p>Gauze is a cotton mesh interwoven material that is used to hold dressings in place.</p> <ul style="list-style-type: none"> <li>• Gauze Rolls – used to keep primary bandages in place. Roll in an "X" pattern over joints to allow bending and movement</li> </ul>	<p style="text-align: center;"><b>第三层（最外层，覆盖其他的绷带）</b></p> <p><b>纱布</b></p> <p>纱布是一种用棉花编织的材料，可以用来固定绷带。</p> <p>纱布卷——用来固定第一层绷带。在关节处系成“X”的样式来使关节可以自由弯曲和活动。</p>

<p><b>Retention Gauze/Bandages</b></p> <p>These dressings come in rolls and can be cut to length. They are used to hold all other dressings in place. They are washable and can be used more than once. Be sure to stretch when applying to avoid any friction with the skin. The most common is Tubifast, but others are listed below.</p> <ul style="list-style-type: none"> <li>• Promed Elastic Net</li> <li>• Surilast</li> <li>• Tubifast</li> </ul> <p><b>Self-Adherent Bandages</b></p> <p>These bandages sticks to itself, which helps it stay in place. They are used as the top layer.</p> <ul style="list-style-type: none"> <li>• Coban</li> <li>• Coflex</li> </ul>	<p><b>Retention Gauze/Bandages</b></p> <p>这些绷带成卷状，可以被剪成理想的长度。它们可以被用来固定其他所有的绷带，并可以被水洗而且可以多次利用。请确保在使用前将其拉伸来避免勒到皮肤。最常见的是Tubifast，但是其他种类被举例如下。</p> <ul style="list-style-type: none"> <li>• Promed Elastic Net</li> <li>• Surilast</li> <li>• Tubifast</li> </ul> <p>自我贴合的绷带</p> <p>这些绷带可以自我贴合，所以很容易固定。它们可以被用作最上层的绷带。</p> <ul style="list-style-type: none"> <li>• Coban</li> <li>• Coflex</li> </ul>
---	---

**Other Supplies**

**其他的物品**

<p><b>25g Needles</b></p> <p>Used to lance fluid-filled blisters and prevent the blister from growing larger. Use sterile needle to poke small hole on the side of blister. Gently use sterile gauze to push fluid out of blister while keeping the "roof" of the blister intact</p> <p><b>Adhesive Remover</b></p> <p>This is used only when adhesive from tape is stuck on skin. Gently wipe adhesive remover over tape to remove tape from skin without causingskin damage</p>	<p>二十五克的针</p> <p>被用来捅破水疱，防止水疱变得更大。用消过毒的针来戳破水疱的侧面。轻轻地用消过毒的纱布把水疱里的液体挤出来，同时不要把水疱的顶部弄破。</p> <p>去渍擦</p> <p>它只能被用来去掉残留在皮肤上的胶布。轻轻地用去渍擦从皮肤上擦掉残留的胶布，但是防止造成对皮肤的伤害。</p>
---	--