

# Your guide to Epidermolysis Bullosa (EB)



# Treating

## Epidermolysis Bullosa (EB)

With many wounds at different stages of healing, the management of EB is complex<sup>1</sup>.

One of the greatest challenges of managing EB is that it causes significant and constant discomfort and pain for the sufferer while essentially monopolising the time and focus of the family or caretakers.

When treating patients with EB, it is of utmost importance to select a dressing regimen that does not further damage their fragile skin<sup>1</sup>. Protecting the peri-wound skin, avoiding skin stripping, addressing the bio-burden and exudate management are all key factors to consider.

There are numerous choices in wound care products, except for when treating fragile skin. Delicate treatment is made more challenging when adhesive dressings – even those coated with soft silicone – may strip the skin.

### Wound dressings

The skin is so fragile and dressing changes so frequent that atraumatic dressings are recommended to prevent further damage, pain or bleeding<sup>1</sup>. Silicone-based dressings are easier to apply and remove than traditional dressings<sup>2</sup>. They also protect the wound and peri wound skin and create a favourable environment for wound healing.

### Infection management

There is a high risk of infection due to large areas of open wounds. Antimicrobial cleansers, moisturisers and topical treatments are necessary to manage the wound bio-burden<sup>1</sup>.

### Blister management

EB blisters need careful management as they will extend rapidly if left unchecked<sup>1</sup>. Intact blisters should be lanced with a sterile needle at their lowest point to limit tissue damage<sup>1</sup>. Sterile swabs or sponges can be used to gently compress the blister to encourage complete emptying.

### Dressing retention

If dressings slip, they can tear the fragile skin and cause the wounds to stick to clothing or bedding<sup>1</sup>. The dressing should be held firmly in place with a retention bandage. The bandage should not put additional pressure on the wound and it should allow freedom of movement to prevent shearing forces from causing additional blistering<sup>1</sup>. Tubular bandages can be used<sup>1</sup>.

# Luke's\* story

Luke's story is taken from a 2017 case study: The effect of current economic cuts to wound dressings and its impact on patient with epidermolysis bullosa<sup>3</sup>.

Luke is a 41 year-old patient who has been living with a severe form of Dystrophic EB all his life. His wounds need constant dressing, which can be a hugely painful ordeal. Using gently adhering dressings with Safetac® have helped to minimise his discomfort and ease the pain of dressing changes.

Luke has open wounds and blistering throughout his body, which need dressings to protect them and promote healing. With so many wounds, he is susceptible to recurrent infection. Luke also suffers from internal blistering.

Throughout his childhood, Luke experienced thousands of hours of painful dressing changes, giving him as much psychological as physical pain. The day he discovered dressings with Safetac was the day his life changed. 'It made a huge difference,' he says. 'My dressings didn't stick to my skin any more'.

An essential dressing for Luke is Mepitel® which stays in place over wounds without adhering to the wound bed<sup>2</sup>. Mepitel's Safetac technology allows it to adhere gently without disturbing the wound. This makes it easy to remove, minimising pain and discomfort. For Luke, it has also reduced the stress and fear of dressing changes and improved his quality of life.

\*not his real name to protect his identity.










# Dressing selection guide

The international consensus best practice for skin and wound care in EB<sup>1</sup> set out recommended







## WOUND CONTACT LAYERS

	<p><b>Mepitel®</b> Wound contact layer dressing with Safetac® on both sides</p>  	<ul style="list-style-type: none"> <li>• Skin tears</li> <li>• Surgical incisions</li> <li>• Partial thickness burns</li> <li>• Fixation of partial and full thickness grafts</li> <li>• Diabetic foot ulcers, venous and arterial leg ulcers</li> </ul>	<p>5cm x 7.5cm 7.5cm x 10cm 10cm x 18cm 20cm x 30cm</p>	<p>290510 290710 291010 292005</p>	<p>10 10 10 5</p>
	<p><b>Mepitel® One</b> Wound contact layer dressing with Safetac® on one side</p>  	<ul style="list-style-type: none"> <li>• Skin tears</li> <li>• Lacerations</li> <li>• Surgical incisions</li> <li>• Fixation of partial and full thickness grafts</li> <li>• Partial thickness burns</li> <li>• Diabetic foot ulcers</li> <li>• Venous and arterial leg ulcers</li> </ul>	<p>7.5cm x 10cm 10cm x 18cm 17cm x 25cm</p>	<p>289300 289500 289700</p>	<p>10 10 5</p>
	<p><b>Mepilex® Transfer</b> Exudate transfer foam dressing</p>  	<ul style="list-style-type: none"> <li>• Highly exuding wounds</li> <li>• Difficult-to-dress areas</li> <li>• Radiation skin reactions</li> <li>• Epidermolysis Bullosa</li> </ul>	<p>7.5cm x 8.5cm 10cm x 12cm 15cm x 20cm 20cm x 50cm</p>	<p>294600 294700 294800 294502</p>	<p>5 5 5 4</p>

## NON-BORDERED FOAM DRESSINGS



	<p><b>Mepilex® Lite</b> Thin absorbent foam dressing</p>  	<ul style="list-style-type: none"> <li>• Non- to low exuding wounds</li> <li>• Diabetic foot ulcers</li> <li>• Leg ulcers</li> <li>• Radiation skin reactions</li> <li>• Epidermolysis Bullosa</li> </ul>	<p>6cm x 8.5cm 10cm x 10cm 15cm x 15cm 20cm x 50cm</p>	<p>284000 284100 284300 284500</p>	<p>5 5 5 4</p>
	<p><b>Mepilex®</b> Highly conformable and absorbent foam dressing</p>  	<ul style="list-style-type: none"> <li>• Low to moderately exuding wounds</li> <li>• Leg ulcers and diabetic foot ulcers</li> <li>• Pressure injuries</li> <li>• Traumatic wounds</li> <li>• Partial thickness burns</li> <li>• Can be used under compression</li> </ul>	<p>10cm x 10cm 10cm x 20cm 15cm x 15cm 20cm x 20cm 20cm x 50cm</p>	<p>294100 294200 294300 294400 294500</p>	<p>5 5 5 5 2</p>
	<p><b>Mepilex® Heel</b> Absorbent foam dressing for the heel area</p>  	<ul style="list-style-type: none"> <li>• A wide range of exuding wounds on the heel or malleolus</li> <li>• Foot ulcers / diabetic foot ulcers</li> </ul>	<p>13cm x 20cm</p>	<p>288100</p>	<p>5</p>

## BORDERED FOAM DRESSINGS



	<p><b>Mepilex® Border Flex Lite</b> Thin absorbent self-adherent foam dressing with 360° stretch Flex Technology</p>  	<ul style="list-style-type: none"> <li>• Non- to moderately exuding wounds</li> <li>• Leg and foot ulcers</li> <li>• Pressure injuries</li> <li>• Surgical and traumatic wounds, e.g. abrasions, blisters and skin tears</li> <li>• Protection of compromised and/or fragile skin</li> </ul>	<p>4cm x 5cm 5cm x 12.5cm 7.5cm x 7.5cm 10cm x 10cm 15cm x 15cm</p>	<p>581011 581100 581200 581300 581500</p>	<p>10 5 5 5 5</p>
	<p><b>Mepilex® Border Flex</b> Absorbent self-adherent foam dressing with 360° stretch Flex Technology</p>  	<ul style="list-style-type: none"> <li>• Moderate to heavily exuding wounds</li> <li>• Diabetic foot ulcers</li> <li>• Leg and foot ulcers</li> <li>• Traumatic wounds, such as skin tears</li> <li>• Pressure injury prevention* and treatment</li> </ul> <p>* When a repositioning/offloading protocol is used</p>	<p>7.5cm x 7.5cm 10cm x 10cm 15cm x 15cm 15cm x 20cm</p>	<p>595211 595311 595411 595611</p>	<p>10 10 10 10</p>

and solutions for managing EB, including several Mölnlycke products and solutions:


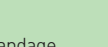


## BORDERED FOAM DRESSINGS

	<b>Mepilex® Border Sacrum</b> Absorbent self-adherent foam dressing for the sacral area Added benefits: <ul style="list-style-type: none"> <li>• Thicker borders to minimise rolling and to allow efficient handling</li> <li>• Optimised gluteal seal for enhanced protection of the high-risk sacral area</li> <li>• Additional handling tabs</li> </ul>		<ul style="list-style-type: none"> <li>• Moderate to heavily exuding wounds for the sacral area</li> <li>• Sacral pressure injury prevention and treatment (all stages)</li> </ul>	16cm x 20cm	282050	5
				22cm x 25cm	282450	5



## ANTIMICROBIAL DRESSINGS

	<b>Mepilex® Ag</b> Antimicrobial absorbent foam dressing 	<ul style="list-style-type: none"> <li>• Low to moderately exuding wounds</li> <li>• Partial thickness burns</li> <li>• Infected wounds</li> <li>• Leg ulcers and foot ulcers</li> <li>• Pressure injuries</li> <li>• Can be used under compression</li> </ul>	10cm x 10cm	287110	5
			10cm x 20cm	287210	5
			15cm x 15cm	287310	5
			20cm x 20cm	287410	5
			20cm x 50cm	287510	2

## BANDAGES

	<b>Tubifast® 2-WAY STRETCH</b> Lightweight tubular retention bandage 	<ul style="list-style-type: none"> <li>• Lightweight tubular dressing retention bandage that is ideal for any part of the body</li> <li>• Can be used for patch wrapping and as an undercast stockinette</li> <li>• Can be used under compression</li> <li>• For use as skin covering</li> <li>• Epidermolysis Bullosa</li> </ul>	<b>10m roll</b>			
			<b>RED</b>	3.5cm x 10m	2434	1
			<b>GREEN</b>	5cm x 10m	2436	1
			<b>BLUE</b>	7.5cm x 10m	2438	1
			<b>YELLOW</b>	10.75cm x 10m	2440	1
			<b>PURPLE</b>	20cm x 10m	2444	1
	<b>Tubifast® Garments</b> Ready-to-wear garments 	<ul style="list-style-type: none"> <li>• Tubifast Garment may be used as a dressing retention in the treatment of Epidermolysis Bullosa (EB)</li> <li>• Ready-to-wear garments for dressing retention and wet or dry wrapping, are available in full-sleeved vests, tights, leggings, socks and gloves</li> <li>• For children of six months to 14 years of age</li> <li>• With no tapes, pins or ties, Tubifast Garments are quick and easy to apply, and their 2-Way Stretch construction ensures complete freedom of movement, so aiding compliance.</li> <li>• Comfortable to wear under nightwear and ordinary clothes</li> </ul>	<b>Vests</b>			
			6-24 months	992007	6	
			2-5 yr	992008	6	
			5-8 yr	992009	6	
			8-11 yr	992010	6	
			11-14 yr	992011	6	
			<b>Tights</b>			
			6-24 months	992012	6	
			<b>Leggings</b>			
			2-5 yr	992013	6	
			5-8 yr	992014	6	
			8-11 yr	992015	6	
			11-14 yr	992016	6	
			<b>Socks</b>			
1 size: 2-14yr	992017	6				
<b>Gloves</b>						
Small child	5923	6				

## FIXATION

	<b>Mepitac®</b> Polyurethane tape with SafetaC® Technology 	<ul style="list-style-type: none"> <li>• Minimises pain and wound or skin damage at dressing change<sup>4</sup></li> <li>• Conforms well to body contours</li> <li>• Suitable for patients requiring repeated application and removal of tape over the same area</li> </ul>	2cm x 3m	298300	1
			4cm x 1.5m	298400	1

# Proving it every day

At Mölnlycke®, we deliver innovative solutions for managing wounds, improving surgical safety and efficiency and preventing pressure ulcers. Solutions that help achieve better outcomes and are backed by clinical and health-economics evidence.

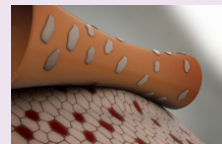
In everything we do, we are guided by a single purpose: to help healthcare professionals perform at their best. And we're committed to proving it every day.

Safetac is the original less-pain contact layer with silicone adhesion. We designed it to mould softly to skin without sticking to the moist wound<sup>2</sup> – so you can remove it easily without damaging the skin<sup>5,6</sup>. That means less pain for your patients<sup>4</sup>.

Safetac also protects new tissue and intact skin – so wounds remain undisturbed to support faster natural healing<sup>7-10</sup>. And it seals the wound margins to protect skin from damaging leaks and maceration<sup>11-13</sup>. This combination of less pain<sup>4</sup> and less skin damage<sup>5,6,11-13</sup> – to support faster healing<sup>7-10</sup> – can also reduce the cost of treatment<sup>8,9,14</sup>.

You can trust Mölnlycke® dressings with Safetac, for better patient and economic outcomes.

- Safetac tacks gently to dry surfaces, like skin, but not to moist surfaces, such as open wounds<sup>2</sup>
- Moulds to the skin's pores, covering more skin surface and spreading peel forces on removal to prevent skin stripping<sup>5,6</sup>
- Seals the wound margins, minimising the spread of exudates and the risk of maceration<sup>11-13</sup>



Dressings with traditional adhesives cause painful skin stripping



Dressings with traditional adhesives cause painful skin stripping

**Safetac**  
TECHNOLOGY

References: 1. Denyer J, Pillay E. Best practice guidelines for skin and wound care in epidermolysis bullosa. International Consensus. DEBRA, 2012. 2. White R, et al. Evidence for atraumatic soft silicone wound dressing use. Wounds UK 2005;1(3):104-109. 3. Downe, A. The effect of current economic cuts to wound dressings and its impact on patient with epidermolysis bullosa: a case study. Wounds UK, Vol 13, No 1, 2017. 4. White R. A multinational survey of the assessment of pain when removing dressings. Wounds UK, 2008. 5. Dykes PJ et al. Effects of adhesive dressings on the stratum corneum of the skin. Journal of Wound Care, 2001. 6. Waring M. et al. An evaluation of the skin stripping of wound dressing adhesives. Journal of Wound Care, 2011. 7. Gotschall C.S. et al. Prospective, randomized study of the efficacy of Mepitel on children with partial-thickness scalds. Journal of Burn Care and Rehabilitation, 1998. 8. Silverstein P. et al. An open, parallel, randomized, comparative, multicenter study to evaluate the cost-effectiveness, performance, tolerance, and safety of a silver-containing soft silicone foam dressing (intervention) vs silver sulfadiazine cream. Journal of Burn Care and Research, 2011. 9. Gee Kee EL, Kimble RM, Cuttle L, Khan A, Stockton KA. Randomized controlled trial of three burns dressings for partial thickness burns in children. Burns, 2015. 10. David F. et al. Comparison of two wound contact layers in acute wounds. E-poster presentation at the EWMA, Germany, 2016. 11. Meaume S. et al. A study to compare a new self adherent soft silicone dressing with a self adherent polymer dressing in stage II pressure ulcers. Ostomy Wound Management, 2003. 12. Feili F et al. Retention capacity. Poster presentation at the EWMA conference, Portugal 2008. 13. Wiberg A.B. et al. Preventing maceration with a soft silicone dressing: in-vitro evaluations. Poster presented at the 3rd Congress of the WUWHS, Canada, 2008. 14. Bredow J. et al. Randomized clinical trial to evaluate performance of flexible self-adherent absorbent dressing coated with silicone layer after hip, knee or spinal surgery in comparison to standard wound dressing. Poster presentation at the 5th Congress of the WUWHS, Italy, 2016.

[www.molnlycke.com.au](http://www.molnlycke.com.au) | [www.molnlycke.co.nz](http://www.molnlycke.co.nz)

You will be required to input the following code **1FtYrV** or your **AHPRA registration number** to access our websites.  
Mölnlycke Health Care, 12 Narabang Way, Level 4, Belrose, NSW, 2085. Phone 1800 005 231. New Zealand Orders & Enquiries 0800 005 231. [www.molnlycke.co.nz](http://www.molnlycke.co.nz). The Mölnlycke, Safetac, Mepitel, Mepilex, Mepitac, Tubifast and TwoWay Stretch names and logos are registered globally to one or more of the Mölnlycke Health Care group of companies. ©2023 Mölnlycke Health Care AB. All rights reserved. AU000669

  
**Mölnlycke**®