

# Weekly dressing change in the granulation and epithelialisation phase: a risk or an advantage?



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## INTRODUCTION

Every dressing change is a crucial moment in the wound healing process. By handling the wound, we create a potential for contamination. At the same moment the new epithelium can be traumatized and the wound surface cools down. Those are all causes of slowing down the microbiological wound healing process. Moreover every dressing change can be painful and will confront the patient every time with a negative body image.

## GOAL

Every day we treat at our wound centre 15 till 30 different wounds. In case of infection or in the debriding phase, we need to change the dressing almost every day. Once we can reach a bacterial balance and we are able to observe a nice granulation and/or epithelialisation, we prefer to leave the dressing as long as possible on the wound bed.

## METHODS

By meaning of a file study, we tried to found out on how much patients and for what wound indications we were able to leave the dressings for up to one week. Moreover we traced which dressing types were considered for which wound situations. At last we controlled which and how much problems developed by leaving the dressings for such a long time on the wound surface.

We will try to illustrate these findings with some case studies.



## DISCUSSION – CONCLUSION

The importance not to disturb the wound healing process was the reason why we tried to found out if it could be possible to leave the wound closed for up to 7 days. Only after a good evaluation of every individual wound, we can make the best dressing choice. The capacity of absorbing a high viscous wound exudates was the main reason of our dressing choice. Only one foam dressing (PermaFoam® – Hartmann) was able to stay in place for a period of one till two weeks.