



Managing wound exudate: A practical guide

Do you manage moderate to highly exuding wounds?

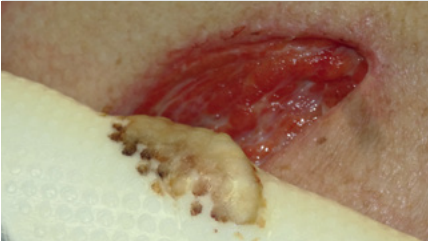

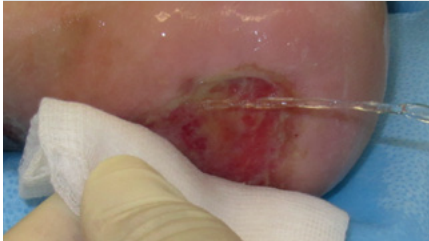


Then you know how the collection of fluid in the wound bed, also called exudate pooling, can impact wound healing and pose a challenge to your patients' successful recovery.¹

This practical guide can help you prevent and manage exudate pooling and associated risk factors.

This guide is based on the publication: Greenstein E, Vooijs M, Norton S. Managing Exudate Pooling: A Simplified Practical Guide. *Wound Manag Prev.* 2022 Nov;68(11):12-14. PMID: 36493371.



Follow these five steps to help promote wound healing

	1. Check the current dressing	2. Check the wound	3. Cleanse the wound	4. Protect the surrounding skin	5. Choose the dressing
Why	Dressings can help you manage exudate and protect the area surrounding the wound. ¹	Exudate pooling can delay wound healing, cause maceration and increase the risk of infection. ¹	Cleansing helps remove loose surface contaminants, debris, and excess exudate from the wound and its surrounding skin. ³	Exudate may leak out on the surrounding skin and lead to maceration, which can cause delayed healing. ⁴	Some dressings might cause challenges and not work as you expected. For example, some primary filler dressings shrink when absorbing exudate, which can lead to dead space between the dressing and the wound. ⁵ Some foam dressings struggle to absorb and retain excess exudate in the dressing. ⁶
How	When removing the previous dressing, check that the exudate has not leaked from the dressing and beyond the size of the wound. ¹	Stay alert to exudate pooling. Also pay attention to small pockets after removing the dressing. ¹	Cleanse the wound or debride it gently by circular motion in the wound bed. Adjust this practice based on the stage of healing. ¹	Use a dressing that absorbs exudate vertically, which means the fluid is absorbed into the dressing. ¹ It will help you protect the surrounding skin from exudate pooling and further complications. ¹	“Manage all dead space from tunneling, undermining, or wound depth.” ¹ You can do that by selecting a dressing that matches the shape and depth of the wound bed. ¹
What	Consider applying/choosing a dressing that absorbs exudate vertically without spreading across. It can keep the surrounding skin protected from exudate. ¹	Which dressing should you use? <ul style="list-style-type: none">• A primary filler dressing with minimal shrinkage; OR• A foam dressing that matches the shape and depth of the wound bed. Change the dressing at a frequency that is appropriate for the patient and the wound.^{1,2}	For cleansing, use saline or a wound cleanser. For gentle debridement, use gauze or pad. ¹	Protect the skin that is already macerated. Apply a protective barrier film before you change the dressing. ¹	Consider a primary filler dressing that secures minimal shrinkage to fill the dead space (it should be covered by a secondary dressing). ¹ An appropriate foam dressing should “match the shape and depth of the wound bed.” ¹
					
	The dressing absorbed exudate and kept the surrounding skin protected from moisture damage.*	The dressing matches the shape and depth of the wound.*	This wound is being cleansed with saline and the gauze secures gentle debridement.**	Macerated skin around the wound.**	The dressing matches the shape and depth of the wound bed and its irregular depths.*

*Clinical cases showing a foam dressing solution from Coloplast Corp.
**Clinical library, Coloplast Corp.

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Globally, our business areas include Ostomy Care, Continence Care, Wound and Skin Care, Interventional Urology and Voice and Respiratory Care.



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1. Greenstein E, Vooijs M, Norton S. Managing Exudate Pooling: A Simplified Practical Guide. *Wound Manag Prev.* 2022 Nov;68(11):12-14. PMID: 36493371.
2. Lindholm, C. and Searle, R. (2016). Wound management for the 21st century: combining effectiveness and efficiency. *Int Wound J*, 13: 5-15. <https://doi.org/10.1111/iwj.12623>
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4. Keast D, Bain K, Hoffmann C et al. (2020). Managing the gap to promote healing in chronic wounds – an international consensus. *Wounds International* 11(3): 58–63.
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6. The Wound Care Pathway – your 5-step guide to wound healing. Coloplast. 2021.

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