

2025



Wound Care Workshop

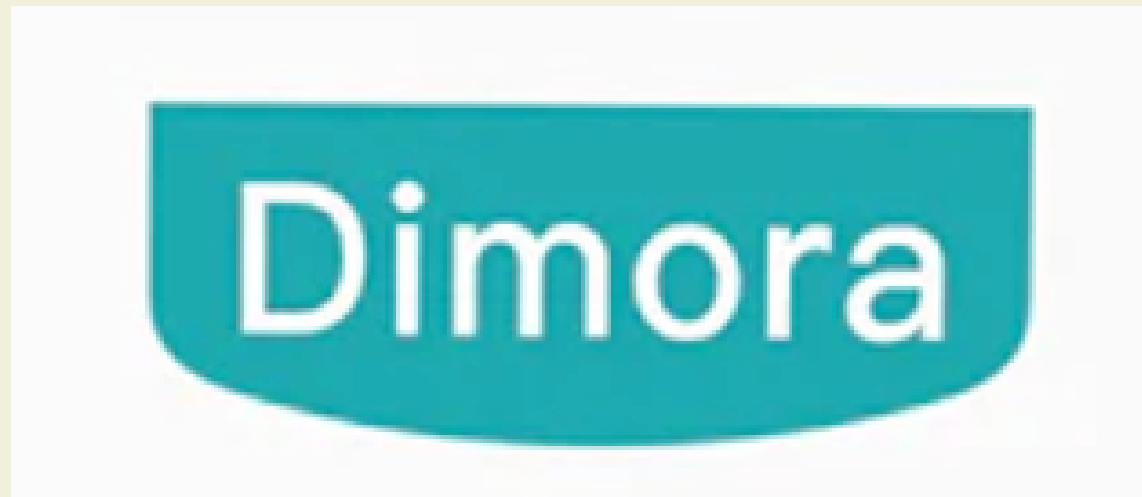
Katie Scherling

ARNP, CWCN-AP

HS Wound Care



made possible by:



Disclaimer

- Content in this presentation is not intended to be a substitute for professional medical advice, diagnosis, or treatment.
- Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.
- Never disregard professional medical advice or delay seeking treatment because of something you have seen in this presentation.
- If you are under treatment with a professional, their guidance and/or instructions supersede any information in this presentation.
- The discussion today surrounds topical wound management.
- Please seek care with a dermatologist for medical management.

*Pricing is from Amazon and may vary

Let's talk about...

What's important with wound care?

- Moisture Balance
- Comfort
- Affordability

Wound healing happens best when it's...

Not too wet

Not too dry

Juuuuust right

Everything can be purchased on Amazon or at your local drugstore

Wound Care Vocabulary

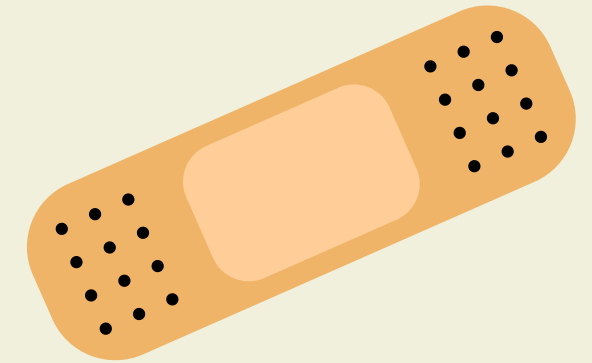
Word	Definition
Occlusive	To keep covered completely
Exudate	Drainage from an abscess
ABD pad	Abdominal pad that comes in multiple sizes and works for heavy drainage

Bandages & Dressings

Band-aids: Why not?



- Not meant to absorb much drainage
- Doesn't wick the moisture away from your skin
- Yeast and Bacteria grows in moist environments like those left behind on the skin by bandaids
- Bandaids are not ideal for most HS wounds



Hydrocolloids - May be called a “blister bandage”

- Not meant for HS
- Occlusive (non-breathable)
- Best for little to no drainage
- May be painful to remove



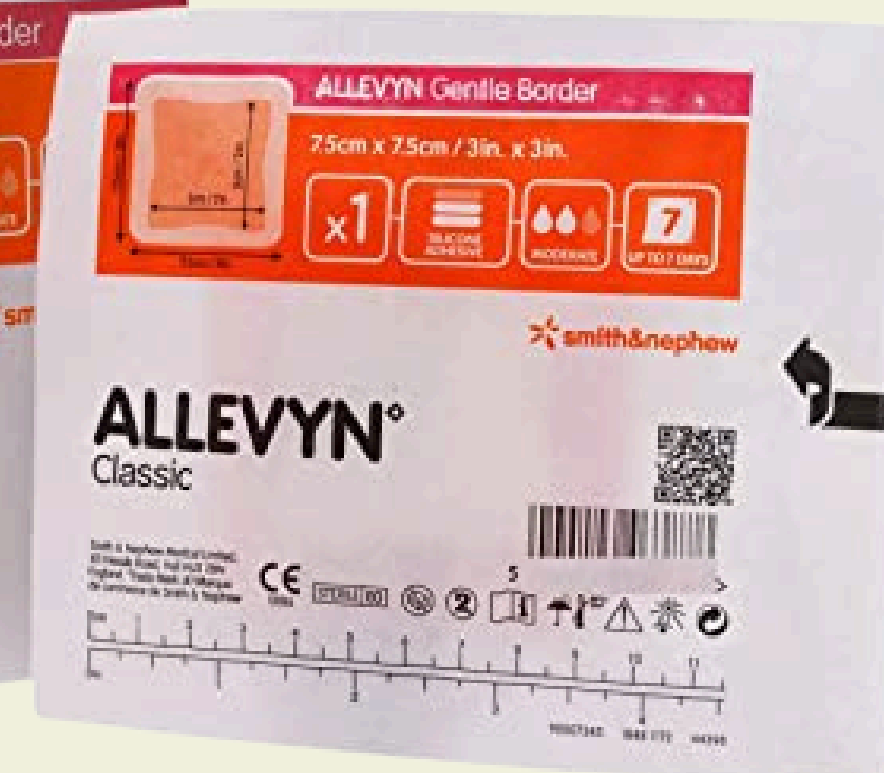
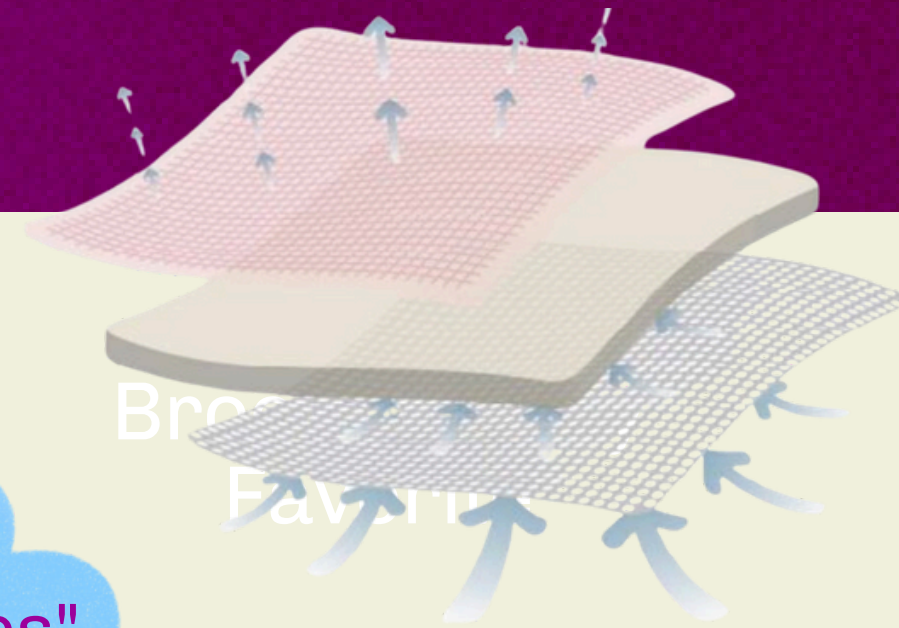
Silicone Bordered Foam Dressings

Benefits:

- Commonly used
- Gentle
- Waterproof
- Breathable
- Long Wear
- Can be used with additional adhesive as necessary



"Cloud bandages"



S
\$25
10 pack

Silicone Foam: Quality Foam Dressings

Benefits:

- Protective
- Gentle
- Secure
- BREATHABLE



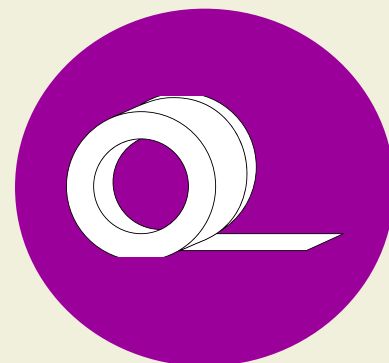
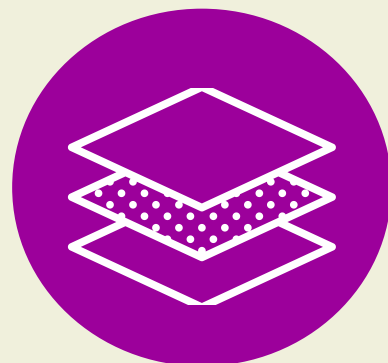
Super Absorbent Dressing

Benefits:

- Gel Technology
- More drainage management than foam
- Less contouring, more bulk
- May be adhesive or non-adhesive



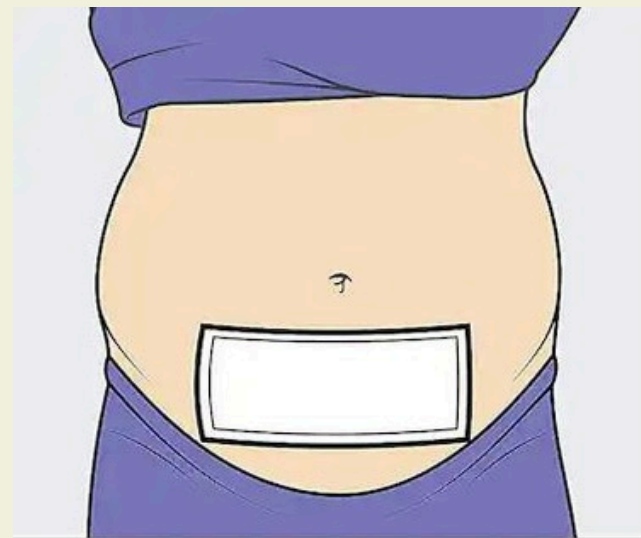
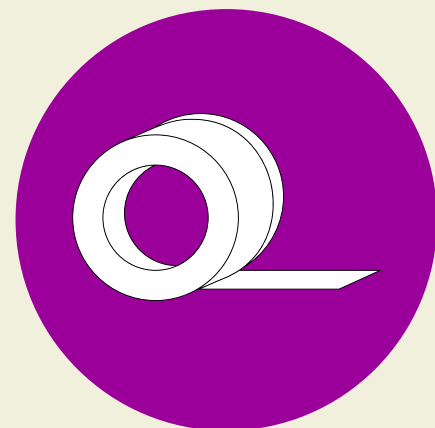
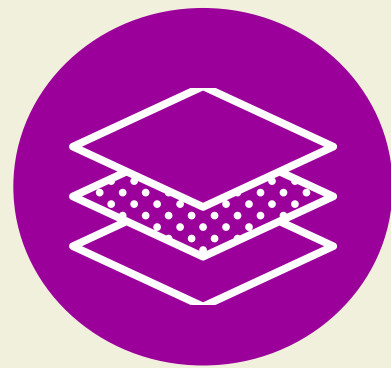
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\$25
10 pack



ABD Pads

- Heavier drainage
- Versatile
- Larger area coverage
- Either tuck or tape to hold in place

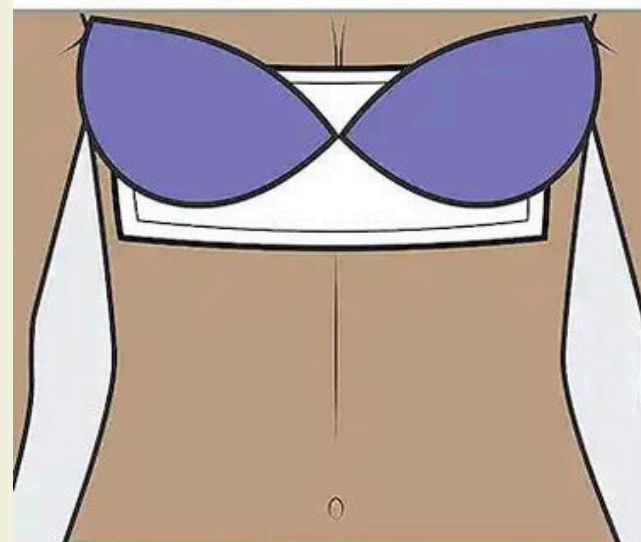
\$
\$14
40 pk



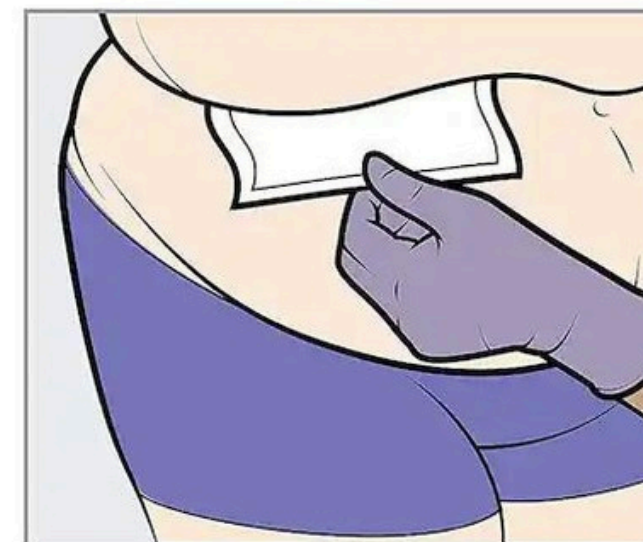
Post-surgery



Armpits



Under breast

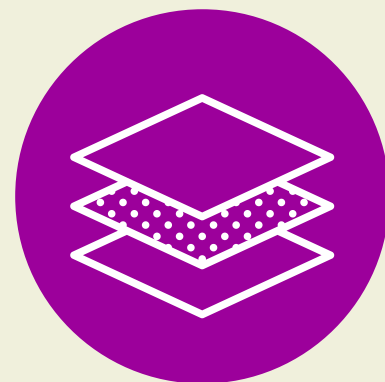


Tummy folds



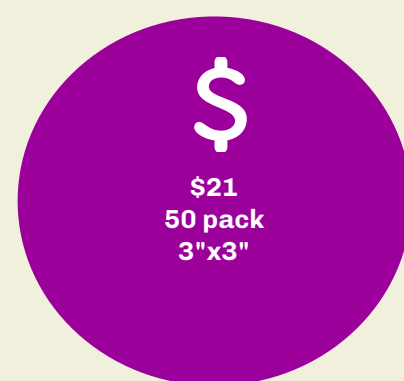
Silver Alginate or Hydrofiber Dressings

- Won't stick to skin
- Silver is antibacterial
- Turns into gel as it absorbs drainage
- Moderate to heavy drainage
- Put under foam dressing or gauze/ABD pad

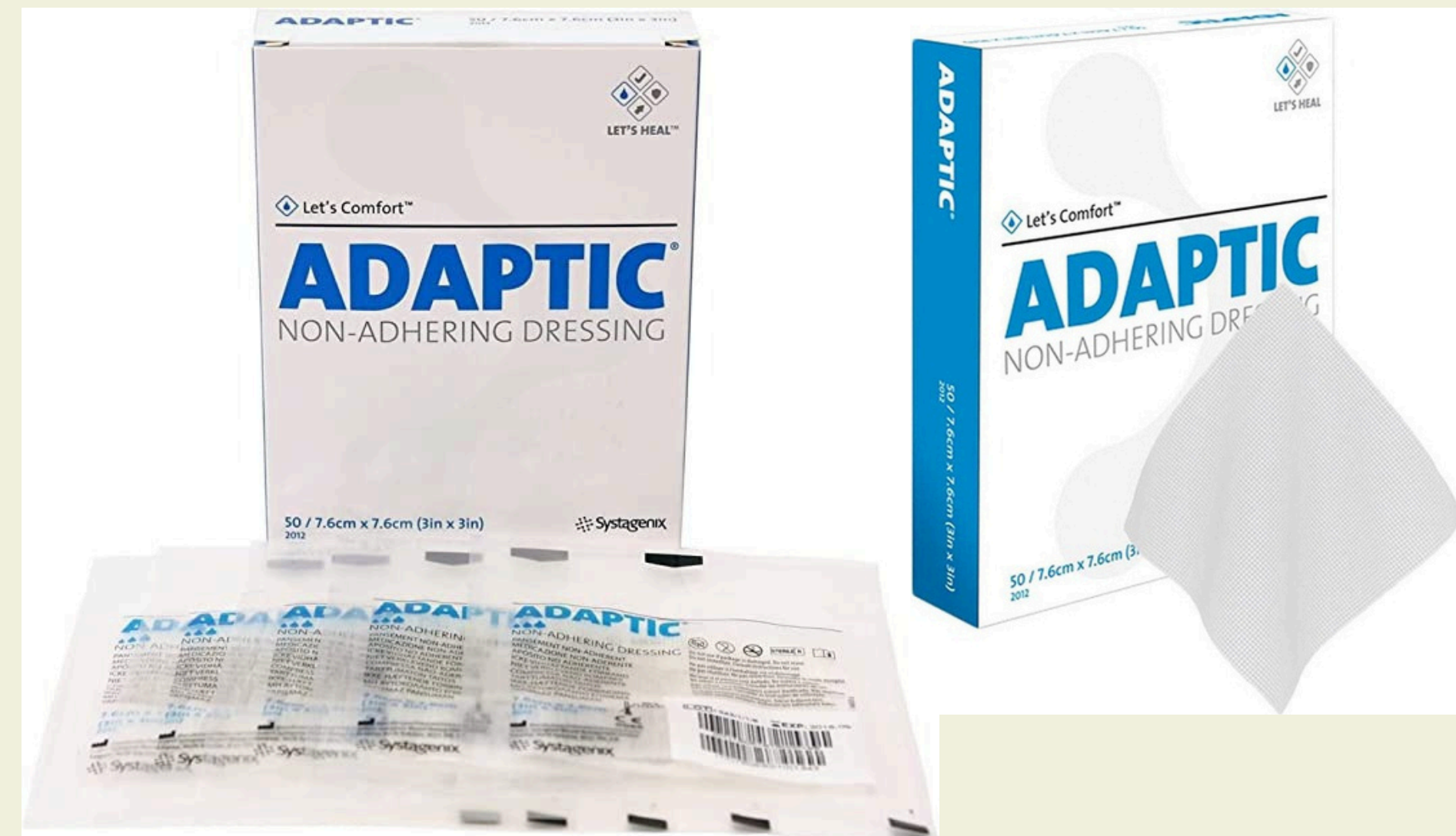


Contact Layers

- Oil emulsion dressings
- Prevents bandage sticking to wound
- Can layer under any bandage
- Cut to size
- Drainage gets through layer to be absorbed



Worried about bandages sticking to wound?



Tape Options

Tape Options

- Lots of options
- Many sizes
- Cut to size
- Favorites are Hypafix (aka Medipore) & Silicone
- Less is better, avoid if possible



Hypafix
\$\$



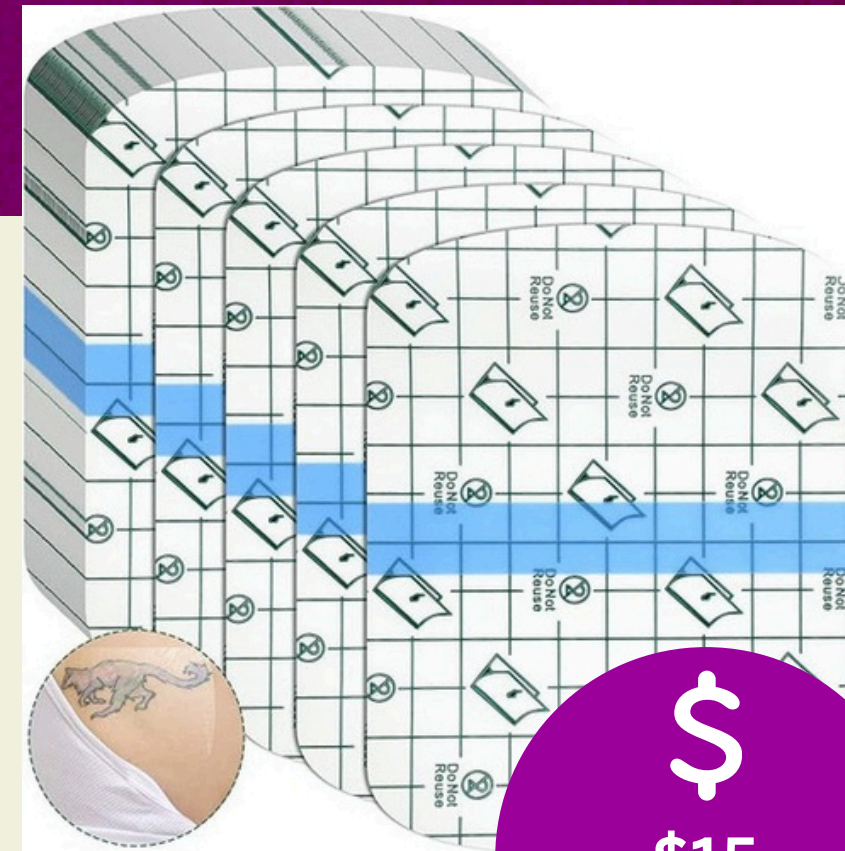
Silicone
\$\$\$



Paper Tape
\$

Transparent Film Dressing

- **Breathable (some)**
- **Many sizes**
- **Great for areas that bandages have trouble sticking (think inner thighs)**
- **May be painful to remove**
- **Cut to size**

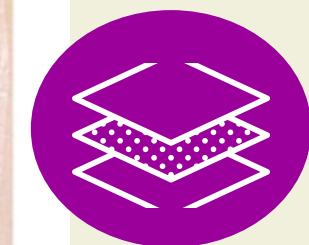
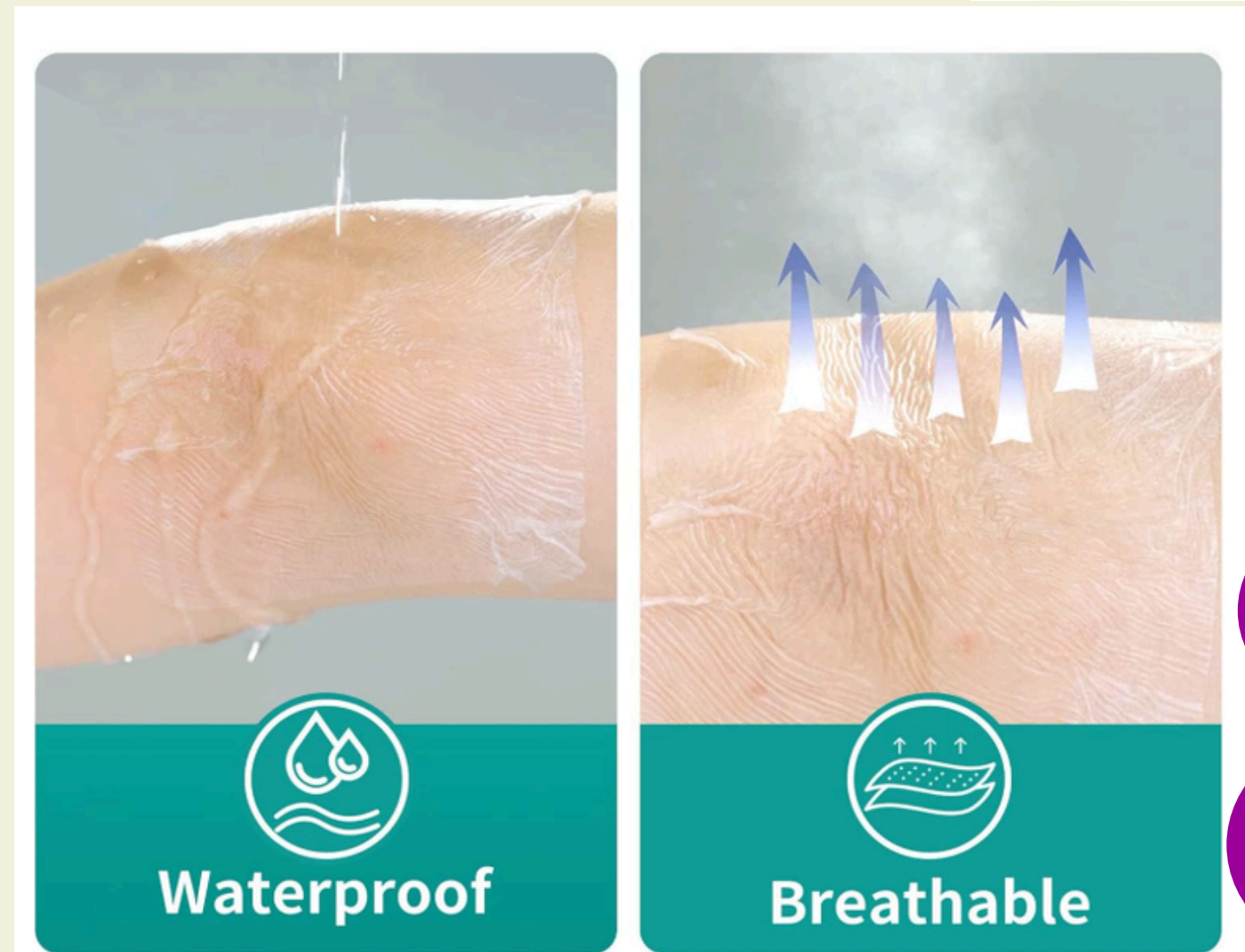


\$
\$15
100 pack
4" x 5"

\$
\$15
4"x11yd
yards



\$





Non-adhesive Wound Care



HidraWear



- Designed by an HS patient for HS patients
- 4 garment options
- **Now available on insurance in the US!**

www.hsconnect.org/hidrawear

Emollients, Creams & Cleansers

Soothing Skin: Cleansers

- Be gentle
- Avoid Over Washing (No more than once a day!)
- Avoid excessive products (try for 2-4 wks, unless immediate adverse reaction)



Soothing Skin: CLn BodyWash

HS Tested & Approved!

- 145 HS patients
- Majority stage 2 & 3 and 15+ years with HS)
- 4 weeks of use
- Dramatic results!



Clinically Studied CLn BodyWash For HS
Study by HS Connect

CLn BodyWash used for 4 weeks, by 145 HS sufferers, provided significant improvements in pain, swelling, odor, drainage, redness, itching.*

63% saw a reduction in the number of flares

90% would recommend CLn BodyWash for HS

62% saw a reduction in the duration of flares

Soothing Skin: Vaseline & Zinc



- Zinc = drying
- Vaseline = moisturizing
- **Mix** for a perfect combo!

Kick the HS itch with Dermeleve

- Works great for HS
- Steroid Free
- Works immediately
- Works for up to 6 hours

*may sting initially when used on abraded skin

Now available on Amazon!

www.hsconnect.org/dermeleve



Soothing Skin: The "Hole"

- Be gentle, don't over stimulate!
- Irrigate or DAB
- Silver antimicrobial dressing



\$
\$36
bottle



\$
\$20
bottle



\$
\$need
pricing

Soothing Skin: On the go

- Consider hypoallergenic body wipe
- Pat or Dab, DON'T wipe



FORMULATED WITHOUT

Aluminum,
Baking Soda,
Phthalates
Sulfates,
Parabens,
and Talc

24Hr!
ODOR CONTROL

Powered by mandelic acid | Gynecologist developed | pH Optimized to control odor

kind to skin
SAFE FOR THE WHOLE BODY

Lumē

Acidified Deodorant Wipes
FOR PITS, PRIVATES & BEYOND

Ingredients: Water, Organic Aloe Barbadensis Leaf Juice, Hamamelis Virginiana Water, Saccharomyces Ferment Filtrate, Lactobacillus Ferment, Glycereth-7 Triacetate, Cocos Nucifera Fruit Extract, Lactobacillus, Mandelic



good wipes

FLUSHABLE W/ PLANT-BASED FIBERS
Hypoallergenic + safe for sensitive skin
Gently soothing when used on your skin

SHEA-COCO

made with skin-safe formula

VEGAN, CRUELTY-FREE, DYE-FREE & PARABEN-FREE

Wound Examples

What would you do
with this wound?

****WARNING: SENSATIVE PHOTOS****

Single Lesions

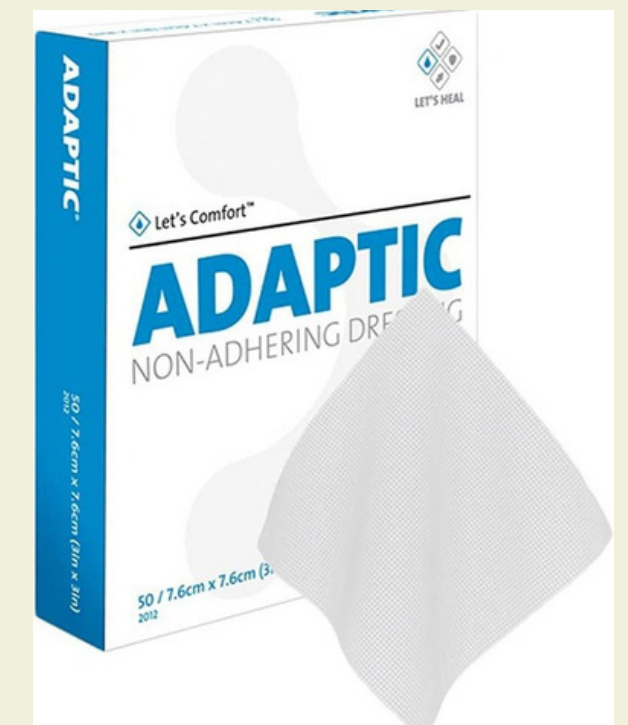
Axilla/Armpit



Labia



Inner Thigh



- **Silicone dressing (add a contact layer or alginate)**
- **Non-Adhesive Pad (depending on the location and anatomy)**
- **Transparent adhesive**

Multiple Lesions

- Soothe: Vaseline or Zinc (light!)
- Spot treat
- Dress: Non adhesive pad
- Tape: Tape of choice (if needed)

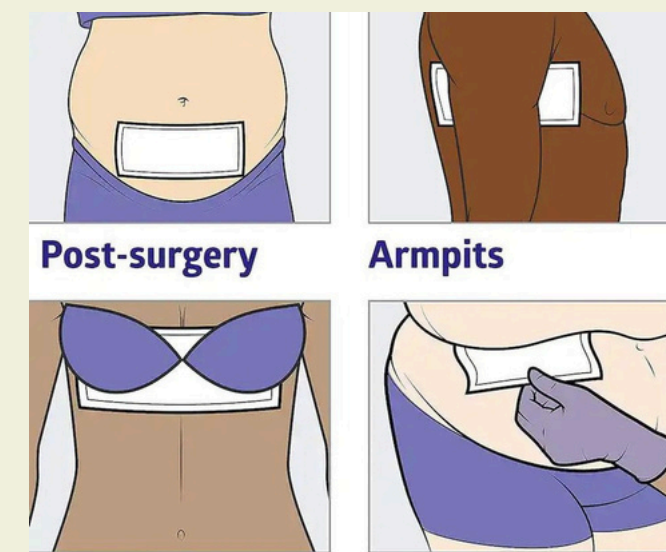
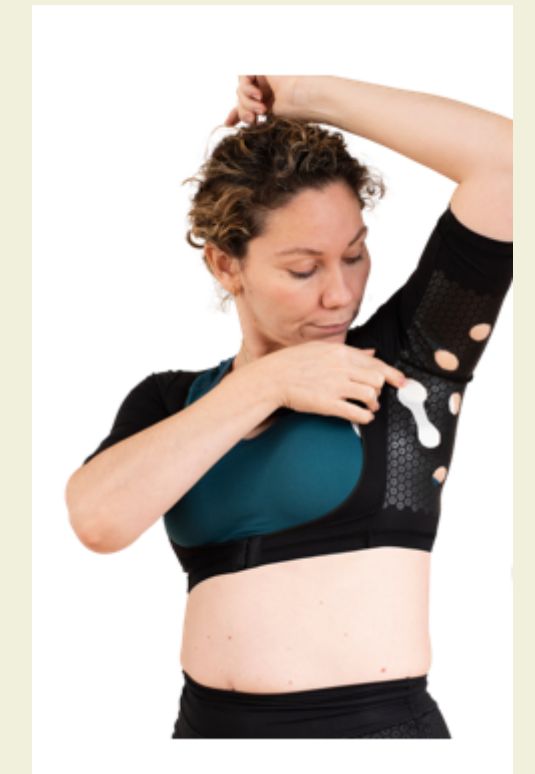
TIPS!

- Use tape outside of the areas of inflammation or NO tape.
- Repeated removal of tape will cause additional inflammation.
- Applying Vaseline to the pad will help it adhere w/out tape.
- *Think wound origami

Axilla/Armpit



Possible yeast from too much moisture on skin



Skin Irritation

- **Spot TEST** your dressings and adhesive on intact, non-inflammatory skin
- **Vaseline or Zinc**
- **Non-adhesive absorbent pad** (may change daily or more often)
- **Repeated removal of tape will cause additional inflammation.**
- **Silicone dressing with alginate, that can be left in place for 2-3 days (or changed daily)**

contact dermatitis from adhesive



Active Lesions

Drainage and “Holes” are an indication of active inflammatory disease

Please seek care with a dermatologist for disease management, topical management is NOT sufficient.

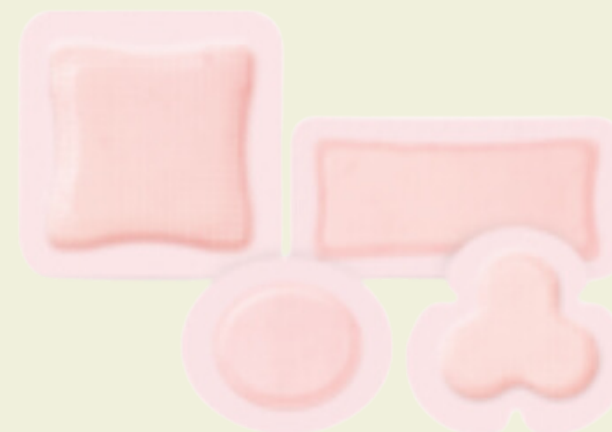
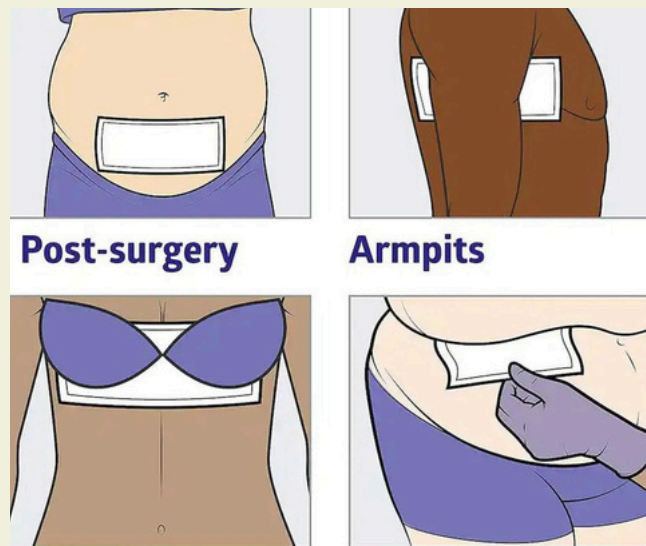
Without disease management, some holes will never completely heal.

- Goal is to absorb drainage & manage discomfort
- Non-adhesive dressings (ABD) ideal because of frequent changes
- Due to active inflammation, use CAUTION with applying adhesives.
- Hidrawear and non-adhesive securements



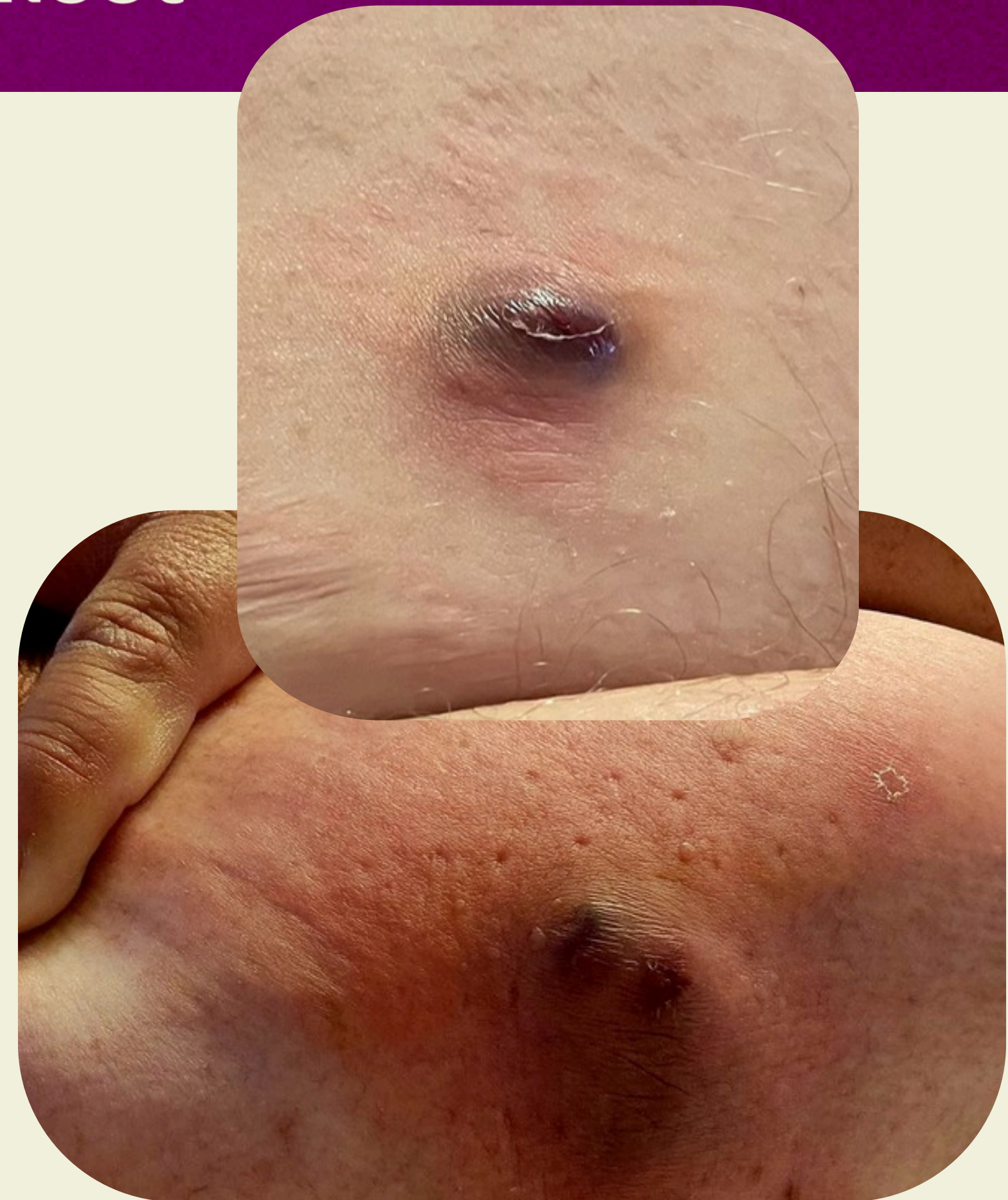
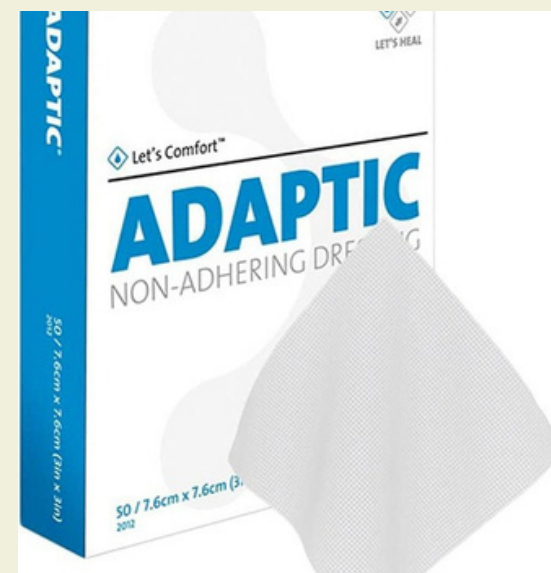
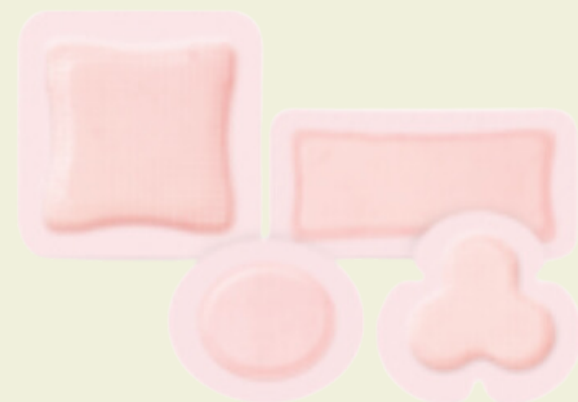
Active lesions

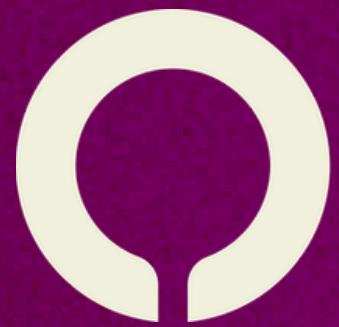
- How much drainage? That's how you'll determine bandages to use. If changing more than 1x a day use non adhesive dressing like ABD pads.
- If using tape, be sure to do it OUTSIDE the inflammatory area to reduce irritation.
- If using silicone bordered foam, layer with alginate to manage drainage and extend wear time.
- Gently Wash or irrigate, pad or dab – do not over stimulate the skin.



Closed Lesions

- Be sure you have a dermatologist or skin specialist who is helping manage these lesions
- May drain if pressed on, be gentle!
- Use warm compresses or Ice packs
- Silicone dressing w/ or w/o contact layer depending on comfort upon removal
- Can also use Vaseline or Zinc directly on the dressing as an alternative





HS Connect

Red Flags

When tissue becomes devitalized and unhealthy, it's important you seek care.

Devitalized tissue



Keep an eye on this one



This includes swelling, redness, and pain outside of what is expected with your normal HS lesions



If it doesn't look or act like your normal HS lesions, take notice and seek care.

Wound Care Wrap Up

- Be gentle with your skin, wick moisture, prioritize comfort.
- All products that you've seen today can be found on Amazon or at your local drugstore
- Wound care management is part of having HS
- Additional wound care information can be found on [HSconnect.org](https://www.hsconnect.org) including a wound care guide and interview on wound care www.hsconnect.org under INFO & RESOURCES
- Drugstore videos from Canada, Netherlands & the US can be found here too!



2025



THANK YOU!



hsconnect.org | @hsconnectorg