

Management of a traumatic ankle injury with ALLEVYN Life

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This 59-year-old patient presented with an initial traumatic injury to the lateral aspect of the right ankle. Complex comorbidities, long-term use of steroids and multiple drug allergies and intolerances pushed this ulcer to remain unhealed for six weeks. The ulcer was superficial and 1cm x 1cm in size with 50% slough and 50% unhealthy granulation tissue in the wound bed draining light exudate. The surrounding skin was healthy and intact, however skin changes were consistent with venous hypertension. There was minimal lower leg oedema. This patient had a reduced mobility secondary to wound pain. (Fig 1)

Gaining control of the patient's wound pain was a significant factor in managing this leg ulcer. There was also a previous history of intolerance of compression therapy.

Whilst comorbidities contributed to the ulcer remaining unhealed for six weeks, the patient reported ALLEVYN Life reduced dressing procedural pain giving a positive impact on her quality of life. After eight days treatment with ALLEVYN Life autolysis had loosened the slough in the wound bed (Figs 2 and 3). The dressing contained the exudate and proved to be highly durable, flexible and conforming to the awkward ankle area. This allowed the patient to shower and did not interfere with her daily activities.



Fig 1. Ulcer appearance before first application of ALLEVYN Life



Fig 2. First ALLEVYN Life dressing change after four days *in-situ*



Fig 3. Ulcer appearance at second ALLEVYN Life dressing change four days later