

MEDIHONEY™ WOUND CARE THE NATURAL CHOICE IN WOUND CARE

I have heard honey can be painful.

MEDIHONEY has a low pH and helps to lower the overall pH of a wound. This provides wound healing benefits. But due to this change in pH some individuals experience a stinging sensation when MEDIHONEY is applied. If stinging occurs it usually lasts for several minutes but may last longer. If you experience any pain, your healthcare provider may suggest an analgesic which should be taken approximately 30 minutes before your dressing is changed. If the analgesic does not stop the stinging, your healthcare provider might try a different version of MEDIHONEY, such as the MEDIHONEY HONEYCOLLOID dressing. If you are still uncomfortable, remove the dressing, cleanse the wound, and consult your healthcare provider.

When should I not use MEDIHONEY™?

Do not use MEDIHONEY™

- On third degree burns
- If you have a known sensitivity to alginate or honey
- To control heavy bleeding

Is MEDIHONEY™ safe for use on children's wounds?

Yes. MEDIHONEY is a natural product that can be used on children of all ages. MEDIHONEY is a medical grade honey and is sterilized to kill bacterial spores such as clostridium botulinum.

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Managing a wound with
MEDIHONEY™ can help a wound
to heal when used along with a plan
of care that is individualized for you
by your healthcare provider.

WOUND & BURN DRESSING
MEDIHONEY™
with Active *Leptospermum* Honey

Customer Service
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THE GLOBAL LEADER
IN MEDICAL-GRADE
HONEY-BASED WOUND
AND BURN CARE



PATIENT INFORMATION GUIDE



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What is MEDIHONEY™?

MEDIHONEY™ is a topical wound care product made with Active *Leptospermum* honey. Researchers have found that the *Leptospermum* species has unique plant derived components that make it ideal for the management of hard to heal wounds and burns. MEDIHONEY dressings are standardized and sterilized by gamma irradiation. The sterilization process guarantees the removal of clostridium botulinum spores which may be present in unsterilized honey. MEDIHONEY comes from a traceable source and is produced under hygienic conditions. It is free of pesticides and antibiotics.

MEDIHONEY™ Active *Leptospermum* honey:

- Cleans the wound and rapidly lifts dead tissue.
- Helps to reduce edema and wound pH.
- Provides a moist healing environment.

History of honey use in wound care

Honey has been used in wound healing for centuries. Evidence for its wide range of medicinal use has been found in ancient writings such as the Edwin Smith Papyrus in the 17th century BC. Honey was used during World War I and II but became less popular when antibiotics came into use around 1940. Only in the last decade have microbiologists begun to understand the uniqueness of the *Leptospermum* species.

Why should I use honey on my wound?

MEDIHONEY is a natural product that provides a moist wound healing environment for the wound tissue. It helps optimize wound healing without toxic side effects. There are many reasons why some wounds become chronic and do not heal. MEDIHONEY helps to counter many of these issues.

Why can't I use just any honey?

The honey available in stores for cooking and eating is often not sterilized and may carry a small risk of infection with bacterial spores. Additionally, only *Leptospermum* honey has been shown in large scale randomized controlled studies to improve wound healing versus other advanced wound care products. As compared to other medical grade honey products available, only *Leptospermum* honey continues to work even in the presence of catalase, an enzyme found in wound fluid and blood.

Can I still use honey if I am a diabetic?

Yes. You can still use MEDIHONEY. The high sugar content in MEDIHONEY has a beneficial osmotic effect, helping to cleanse the wound and remove dead tissue. Local wound care should be combined with diabetic management. Your wound should be monitored by your healthcare provider on a regular basis. Regular use of MEDIHONEY on diabetic foot ulcers has not been shown to alter glucose levels during routine monitoring.

Is there a time limit for using MEDIHONEY™?

No. MEDIHONEY can be used from the beginning of a wound all the way to healing, making wound management much easier than with other dressings.

How often should the dressing be changed?

Your healthcare provider will evaluate you along with your medical history and your wound. The frequency of the dressing change will depend on your condition and the amount of drainage coming from your wound. The MEDIHONEY product can be left in place under compression and off-loading devices. However, if there is a lot of fluid and the dressing becomes saturated,

it may need to be changed more frequently. Conversely, the frequency of the dressing change may be decreased if the drainage decreases. There are several formulations of MEDIHONEY for varying levels of exudate management.

How do I change my dressing?

Remove the dressing from the wound bed gently. If the dressing is dry and sticking to the wound bed, you may moisten it with normal saline or sterile water.

When I remove the dressing why does the color of the dressing appear different?

The MEDIHONEY dressing draws fluid and dead tissue away from the wound and into the dressing. The dressing may change color as a result. Also, a thin coating of honey may remain on the wound and the skin surrounding the wound. This appears as a "film" on the wound and is easily removed with saline or other wound cleanser.

What do I do to protect my skin around the wound?

As MEDIHONEY draws fluid from the wound, the dressing might become easily saturated. It is important to absorb this moisture with a cover dressing and to protect the skin around your wound with a skin protectant barrier film. Ask your healthcare provider to suggest an absorptive cover dressing and a skin protectant barrier film to prevent maceration from moisture.

What if my wound looks larger than before?

During the healing process, due to the removal of dead tissue, it is common for the wound to show an initial increase in wound size. Although an initial increase in size may be attributed to the normal removal of non-viable tissue, consult a healthcare professional if the wound continues to grow larger after the first few dressing changes.