

Amputee Coalition Conference



Skin Wounds



Between the Trauma & Getting to the Doctor: *Strategies for Self-Managing Skin Problems*

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Ed Nathan

- Relevant Medical Issues:
 - 2000 – Diagnosed with CMT Type II Idiopathic Peripheral Neuropathy
 - 2010 – June 21: Right leg BK amputation due to a crushed ankle
 - I am not diabetic and I have good circulation
- Relevant Living Issues:
 - Live alone – very independent
 - Worked in a professional leadership training capacity for Walmart for 4+ years following amputation
 - Retired in Nov. 2015 (Age 60)
- Professional Background – Worked in:
 - the pharmaceutical industry for 28 years
 - Sales, Marketing and Training & Development
 - over 40 countries over the course of my career
 - Focus on management training & leadership development
- Educational Background:
 - BS in Agriculture Univ. of Delaware
 - MBA, SUNY at Albany, NY
 - PhD in Education – Specialization in Training & Performance Improvement, Capella University
 - CPV (Certified Peer Visitor) since 2016 – Amputee Coalition

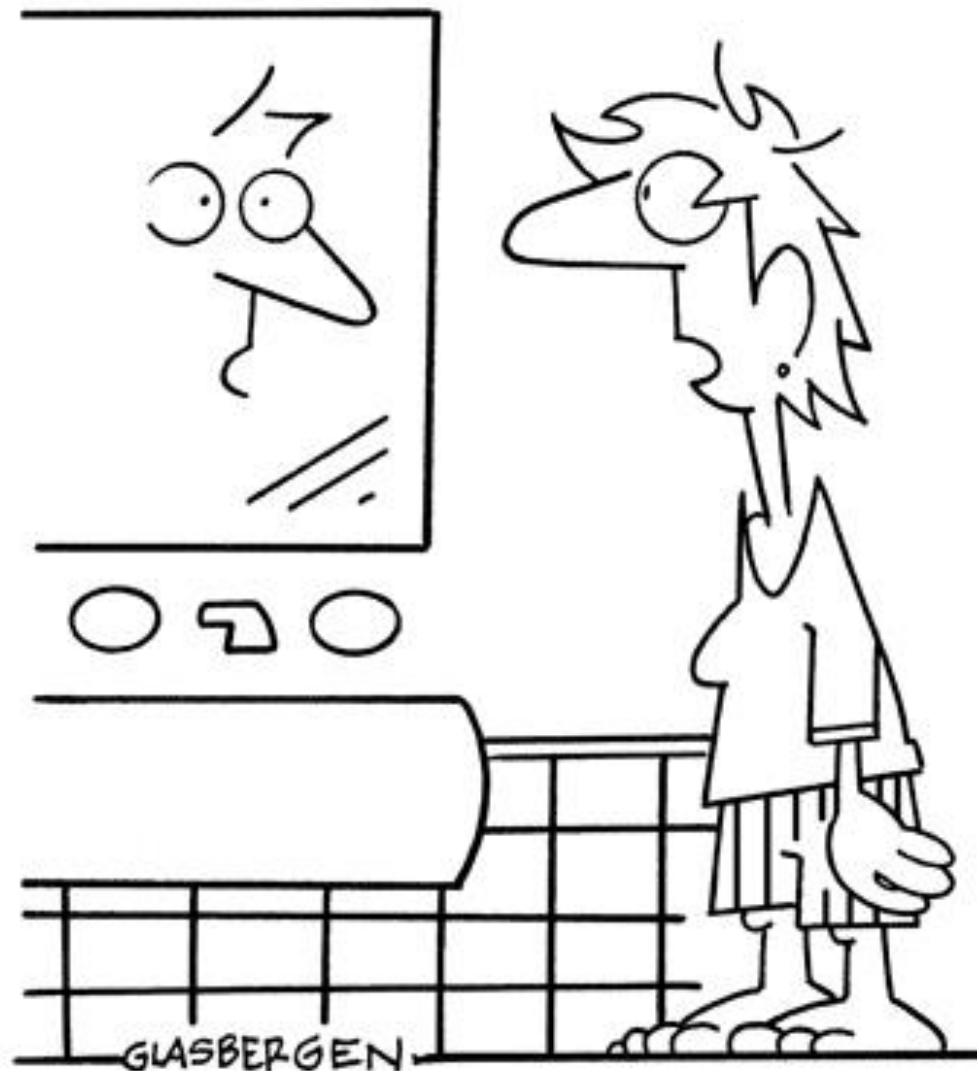


Disclosures

- I am not a physician
- This presentation is based on personal experience
- Any products mentioned are based on personal use & experience – not paid advertisement or promotion



Managing Your Skin



“Our bodies replace millions of skin cells every day. So how come the new ones don’t look any younger than the old ones?!”

Causes of Skin Issues

- Perspiration
- Friction
- Irritation
- Poor fit with liner and/or prosthesis
- Poor circulation
- Allergens
- Infections
- Any other?



Managing Perspiration

- Have at least 2 liners
- Clean the liner at least once per day
- Clean the limb & liner following exercise
- Extra Strength Topical Anti-Perspirant*



*<http://amputeesupplies.com/products/antiperspirant.html>

Managing Friction & Irritation



- Work with prosthetist to insure proper fit of liner and prosthesis
- Switch between liners every day - keep an old set of liners for an emergency
- Clean your liner daily with warm soapy water – refer to manufacturer’s guide
- Keep your 2nd liner protected from dust, grit and dirt when not in use
- Skin Lubricants on “friction points” can be very helpful
 - Do not use on open sores
 - Check liner manufacturer’s warnings/directions

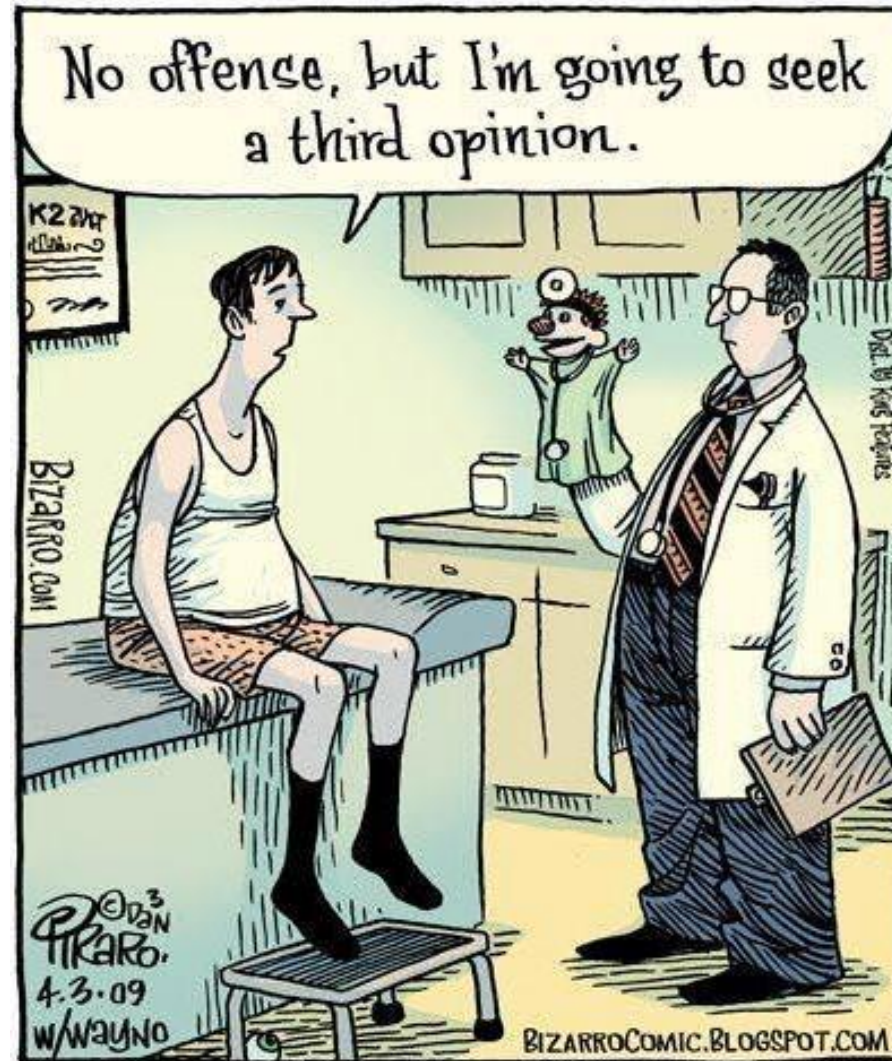


Managing Friction & Irritation

- Inspect the limb:
 - At the least, twice a day – morning & evening
 - Sooner if you feel pain or irritation
- If you see damaged skin or open wound you need to decide whether you can self-manage or need to seek medical help – or do both
- If the problem is severe go to the ER
- **If you have any doubts SEEK PROFESSIONAL MEDICAL HELP**



Who Should You See When You Need Medical Help?



IF YOU ARE HAVING A CRITICAL INCIDENT GO TO THE ER OR A CRITICAL CARE CENTER!

Which Specialists Should You See?

It depends:

- Practitioner's knowledge of amputee special needs
- Existing relationships you may already have
- How long it will take to see the doctor

Here are the specialists I consider:

- Wound Care specialist (if there is one in your area)
- Dermatologist
- Plastic Surgeon
- Vascular Surgeon
- Orthopedic Surgeon
- Podiatrist
- Primary care physician
- Prosthetist



It Can Take Some Time Before You See the Doctor....



"It's a postcard from your doctor.
He says he'll be right with you."

...so You May Need to Self Treat Before You Can Get to the Doctor.

Ed's Criteria: Self-Manage vs. See an MD vs. Do Both

Personal criteria for self-management:

- Wounds that are very shallow or smaller than my pinky nail.
- There is redness and swelling, but minimal or no bleeding
 - Small blister
 - Small cyst
- There is no significant pain



When to see an MD:

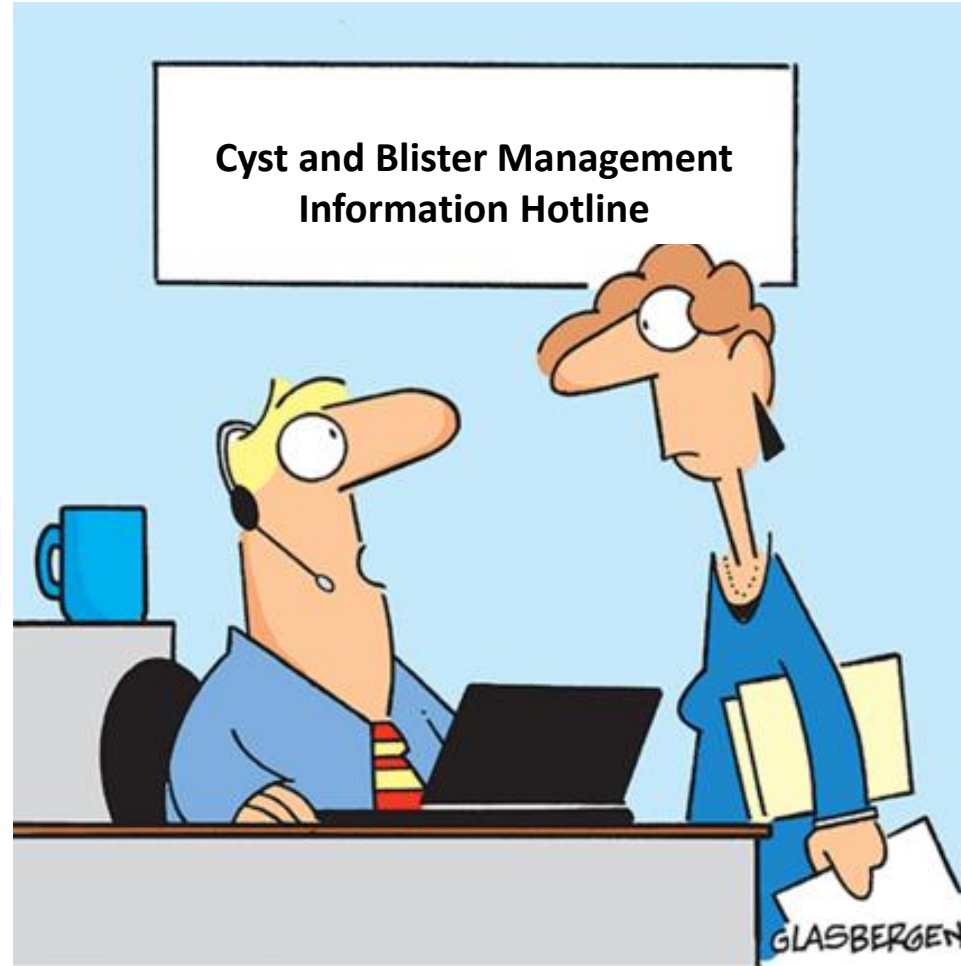
- Wounds that are deep or larger than my pinky nail
- There is bleeding
- There is significant pain



When to do both:

- You may need to self manage **before** you can see your doctor
- You may need to self-manage **after** seeing your doctor

Wound Care Supplies.....



“Who picked ‘I’ve Got You Under My Skin’ to be our on-hold music?”

Adhesive Bandages



<https://www.healthykin.com/p-1222-allevyn-gentle-border-wound-dressing.aspx>

Non-Adhesive Foam Cushion



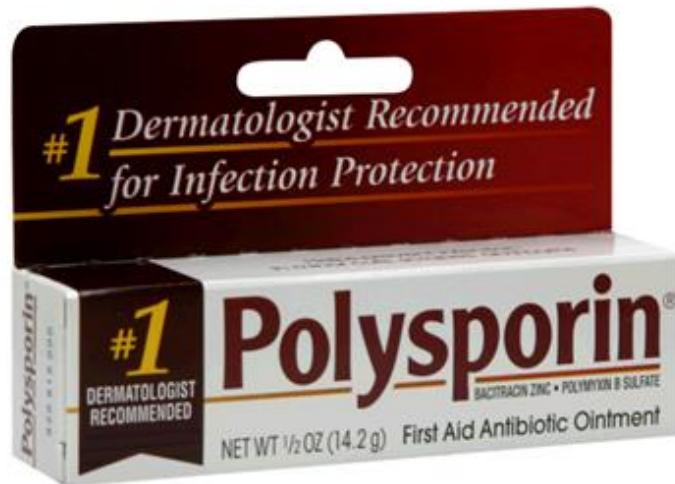
<https://www.healthykin.com/p-1224-allevyn-non-adhesive-wound-dressing.aspx>

Skin Prep



https://iremedysupply.com/skincote-protective-dressing-applicators-box-of-50.html?dfw_tracker=4641-167

Over the Counter (OTC) Topicals



Antibiotic Ointment or Cream



1% Hydrocortisone Ointment or Cream

Castellani Paint (Fuchsia)



http://www.myotcstore.com/store/p/9184-Castellani-Paint-Modified-First-Aid-Antiseptic-Agent-With-Color-1-Oz?gclid=Cj0KEQjwLm3BRDjnML3h9ic_vkBEiQABa5oeTtbNwlQHoQO7LVCU1LtnRhWSJG8MZu-SsmSnJRbrzoaAjbV8P8HAQ

How I Self-Manage Small Cysts

A redness and swelling appears



The materials I use:



+



+

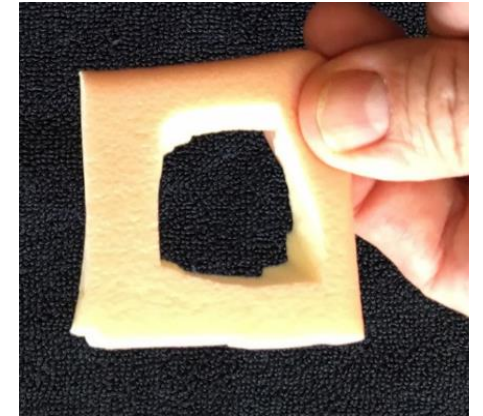


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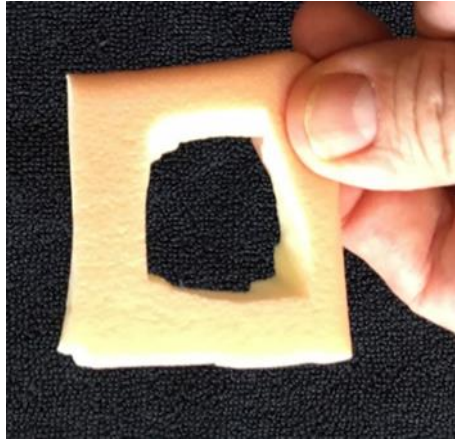
How I Self-Manage Small Cysts (Continued)

Use non-adhesive foam to cut out a protective cushion around the wound



How I Self-Manage Small Cysts (Continued)

Place the non-adhesive foam onto the silicon bandage....

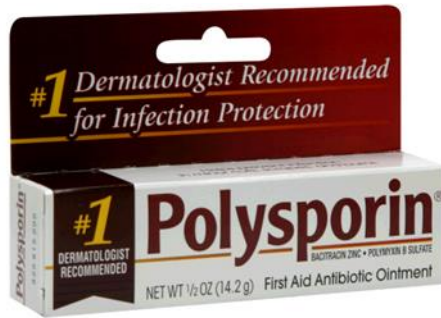


...then prep the skin around the wound.....



How I Self-Manage Small Cysts (Continued)

Optionally, add a topical ointment or cream....



For weeping cysts that are red & inflamed



For dry cysts that are red & inflamed

...and place the bandage over the wound.



How I Self-Manage a Small Blister

A small blister appears



The materials I use:



+



+



+

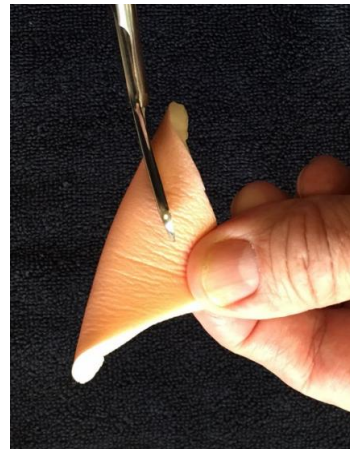


How I Self-Manage a Blister (Continued)

Prep the blister by applying Castallani's Paint on the blister w a Q-Tip....

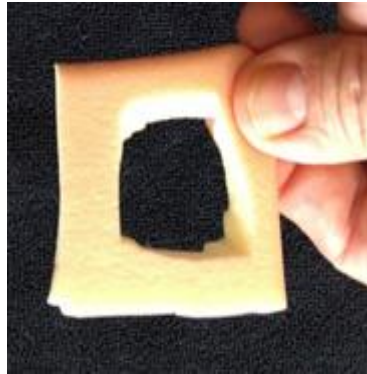


Use non-adhesive foam to cut out a protective cushion around the blister



How I Self-Manage a Blister (Continued)

Place the non-adhesive foam onto the silicon bandage....

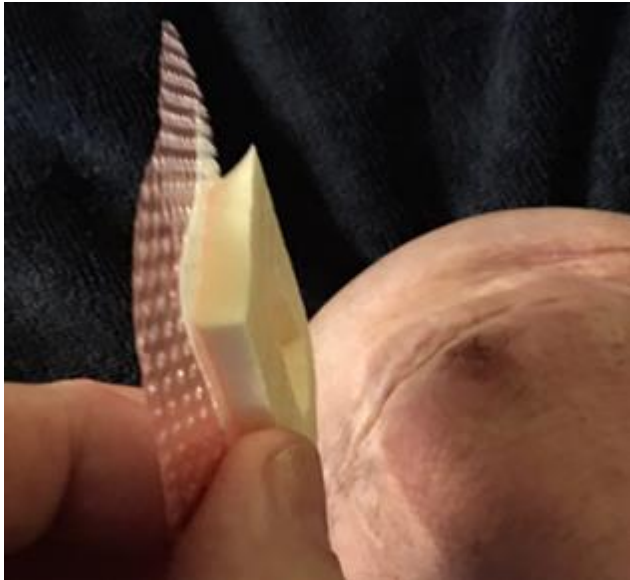


...then prep the skin around the wound.....



How I Self-Manage a Blister(Continued)

...and place the bandage over the blister.



Any Questions?





Adhesive Bandages

<https://www.healthykin.com/p-1222-allevyn-gentle-border-wound-dressing.aspx>



Non Adhesive Foam Cushion

<https://www.healthykin.com/p-1224-allevyn-non-adhesive-wound-dressing.aspx>



Skin Lotion

https://www.amazon.com/gp/product/B00E4MOAWE/ref=ppx_yo_dt_b_asin_title_o02_s00?ie=UTF8&psc=1



Skin Prep

https://iremedysupply.com/skincote-protective-dressing-applicators-box-of-50.html?dfw_tracker=4641-167



Castellani Paint Fuchsia Or Pedinol

http://www.myotcstore.com/store/p/9184-Castellani-Paint-Modified-First-Aid-Antiseptic-Agent-With-Color-1-Oz?gclid=Cj0KEQjwLm3BRDjnML3h9ic_vkBEiQABa5oeTtbNwIQHoQO7LVCU1LtnRhWSJG8MZu-SsmSnJRbrzoaAjbV8P8HAQ



Over the Counter (OTC) Topicals: Antibiotic & Hydrocortisone Creams or Ointments and Vaseline

Purchase at your local drug store, pharmacy or supermarket

