

# Leukoplast STEPS

The complete care solution for skin tears **#SaveOurSkin**

## What are Skin Tears?

Skin tears are traumatic wounds that may result from a variety of mechanical forces such as shearing or frictional forces, including blunt trauma, falls, poor handling, equipment injury or removal of adherent dressings.

In already fragile or vulnerable skin (e.g. in aged or very young skin), less force is required to cause a traumatic injury, meaning that incidence of skin tears is often increased.

Skin tears can occur on any part of the body but are often sustained on the extremities such as upper and lower limbs or the dorsal aspect of the hands.<sup>2</sup>

## What do skin tears look like?



### Type 1

No skin loss

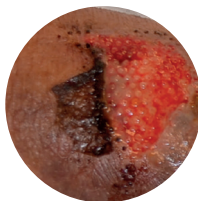
Linear or flap tear where the skin flap can be repositioned to cover the wound bed.



### Type 2

Partial flap loss

The skin flap cannot be repositioned to cover the whole of the wound bed.



### Type 3

Total flap loss

Total skin flap loss that exposes the entire wound bed.

## Steps of treatment<sup>2</sup>

- Control bleeding
- Cleanse and debride
- Manage infection/inflammation
- Consider moisture balance/exudate control
- Monitor wound edge/closure
- Ensure skin flap remains undisturbed
- Dressings should be able to remain in place for several days

## Learn more about Leukoplast® STEPS

Skin Tear Effective Protocol and Solutions: Discover STEPS, our complete solution for identifying, preventing and treating skin tears. We're here to support you as you support your patients.



SCAN ME

**Leukoplast®**

Wound care in best hands

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## PREVENT

Skin tear incidence **can be reduced by 50%** if moisturiser is applied twice-daily.<sup>1</sup>



## TREATMENT

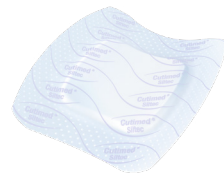
Align skin flap and classify according to ISTAP classification system (measure and document).

### Essity Product Recommendations:

- **Cutimed Siltec B** (silicone foam dressing with border). Mark dressing with date of application and arrow to show direction of removal so that flap remains undisturbed. Can remain in place for up to 7 days.
- When exudate levels have reduced, step down to **Leukomed T Plus skin sensitive** with a low adherent pad, soft silicone adhesive and transparent film. Can remain in place for up to 7 days.



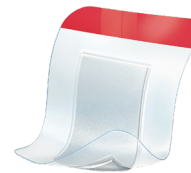
For moderate to high exudate



**Cutimed**  
Cutimed  
Siltec B



For low to moderate exudate



**Leukoplast**  
Leukomed T plus  
skin sensitive

## RECOVERY

**Compression therapy** should be considered if the wound is on the **lower leg**. Before applying compression, a full leg assessment should be carried out.<sup>2</sup>



JOBST soSoft  
8-15 mmHg

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### References

1. Carville K, et al. The effectiveness of a twice-daily skin-moisturising regimen for reducing the incidence of skin tears. International Wound Journal. 2014; J11: 446-53.
2. LeBlanc K, et al. Best practice recommendations for the prevention and management of skin tears in aged skin. Wounds International. 2018.

Always follow the directions for use

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