

User Guide

For Bedding

There is a range of Parafri^{ct}a® sheets and pillowcases for use in different settings. Please use this guide to select the most suitable product.

Parafri^{ct}a sheets and pillowcases are reusable products that are intended to protect fragile skin (e.g. treated burns, at risk of pressure ulcers, epidermolysis bullosa and other fragile skin conditions) against the damage caused by friction and associated shear, either alone or in combination with pressure relieving equipment.

Pressure ulcers (Pressure injuries/"bedsores") can lead to serious and even life-threatening health consequences if left untreated. **Always seek advice from a qualified healthcare professional if you think you, or a person in your care, has a pressure ulcer.**

Some of the sheets are intended to aid users with limited mobility, e.g. due to neurodegenerative and arthritic conditions, in sliding in and out of bed and in turning whilst in bed (self-repositioning).

Instructions for Use

When choosing the best sheet to use, consider five factors:

1. the reason for using the sheet (a) skin protection (b) aid to repositioning
2. the type of bed frame i.e. flat or tilting/profiling
3. the type of mattress i.e. standard, static pressure relieving or dynamic pressure relieving
4. the size of the mattress (a) single (b) double/king
5. determine if it is important that the item should be more easily distinguishable from normal bed linen (i.e. white or blue).

Consult the table on the following page.

Choosing the best sheet to use

| Product Description | Product Code | Used for | Type of bed or mattress | Colour |
|---|--------------|---------------------------------------|--|---------------|
| Single, fitted sheet | PPFSS-001/B | Skin protection | Only flat bed, standard mattress or static, pressure relieving mattress | White or Blue |
| Single, flat sheet (Dynamic) | PPFSS-002 | Skin protection | Flat or tilted bed, dynamic, pressure relieving mattress | White |
| Single, flat sheet | PPFSS-003/B | Skin protection | Flat or tilted bed, standard mattress or static, pressure relieving mattress | White or Blue |
| Single, semi-fitted sheet (Mobility Assist) | PFMAS-001/B | Self-repositioning | Flat or tilted bed, standard or static pressure relieving mattress | White or Blue |
| Double, flat sheet (Dual Purpose) | PFDDS-001 | Self-repositioning or Skin protection | Flat or tilted bed, standard or static pressure relieving mattress | White |
| Pillowcase | PPFPC-001/B | Skin protection | UK rectangular pillow | White or Blue |

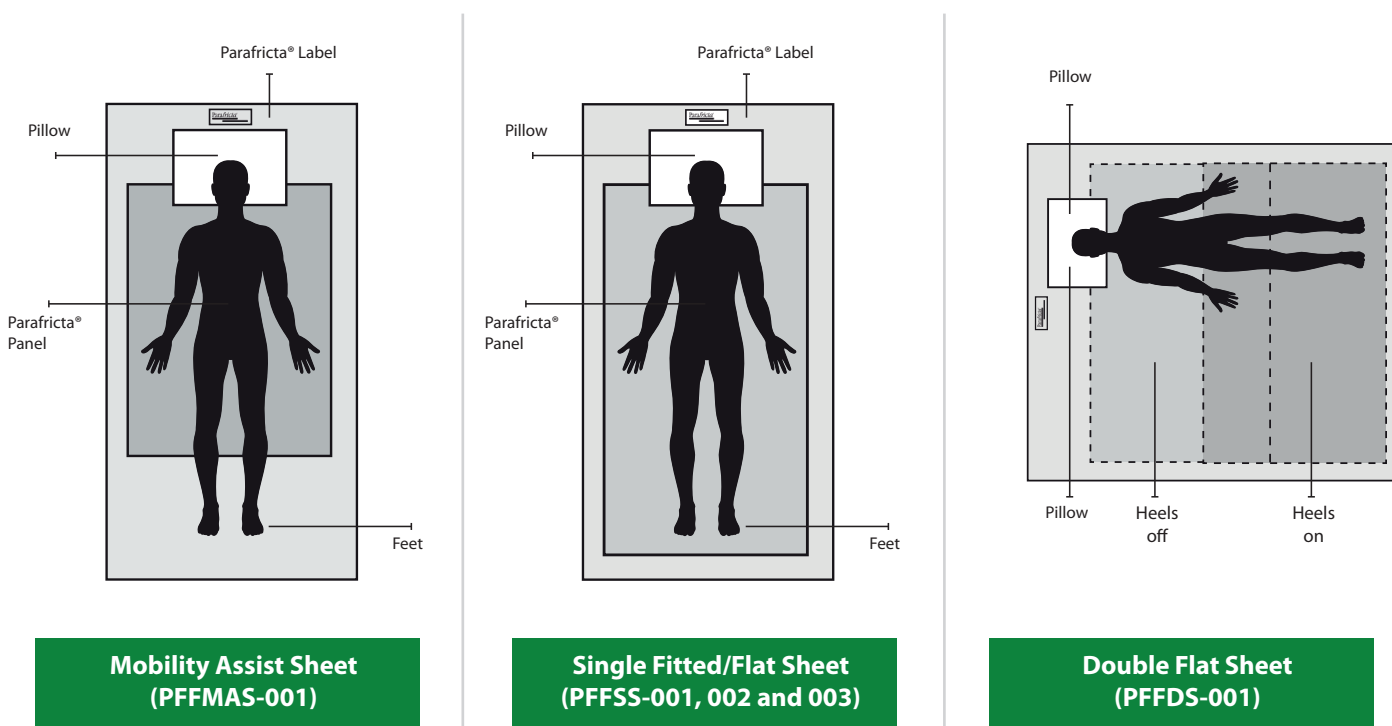
Ensure the sheet or pillowcase will fit the mattress or pillow

Consult the table below

| Product Description | Product Code | Size of Mattress or Pillow | Dimensions |
|---|--------------|----------------------------|--|
| Single, fitted sheet | PPFSS-001 | 190cm x 90cm | Fitted. Panel of Parafricta® fabric 74cm x 174cm |
| Single, flat sheet (Dynamic) | PPFSS-002 | 180-200cm x 90-100cm | 160cm x 274cm Panel of Parafricta® fabric 74cm x 174cm |
| Single, flat sheet | PPFSS-003 | 180-200cm x 90-100cm | 172cm x 292cm Panel of Parafricta® fabric 74cm x 174cm |
| Single, semi-fitted sheet (Mobility Assist) | PPFMAS-001 | 190cm x 90cm | Fitted at top end. Central panel of Parafricta® fabric 65cm x 132cm |
| Double, flat sheet (Dual Purpose) | PPFDS-001 | 180-200cm x 130-140cm | 250cm x 300cm Panel of Parafricta® fabric 100cm x 120cm |
| Pillowcase | PPFPC-001 | UK rectangular pillow | 48cm x 71cm |

Other Instructions

- The bedding should be changed when soiled or according to clinical judgement (same as normal bed linen).
- An absorbent pad may be used under the sheet to draw away urine, wound exudate, sweat or saliva, if required.
- The single, flat sheet for dynamic mattresses should rest on the mattress and not be tucked in tightly.
- The pillowcase should have the Parafricta® low friction fabric uppermost.
- The Parafricta® woven label on the sheet indicates the top side and top end.
- For all sheets, the Parafricta® panel should be located under the trunk of the user.
- When sheets are being used for skin protection the heels should rest on the Parafricta® panel.
- When sheets are being used to aid self-repositioning, the heels should rest on the polycotton.
- Dispose of if there is heavy soiling not removed by washing or if there is damage to the Parafricta® fabric or surrounding seams.



Precautions

- The Mobility Assist Sheet will not provide relief to the heels from friction and associated shear. If required, Parafricta® booties should also be used.

Washing Instructions

- Parafricta® sheets should be washed in a hot (60°C), synthetics cycle in a domestic washing machine, or on a 95°C cycle if maximum sanitisation is required.
- Line (air) dry or tumble dry on a low, synthetic cycle setting.
- In a professional laundry the sheets may be washed on a cycle that includes 70°C for up to 10 minutes or on a 95°C cycle if maximum sanitisation is required.
- Iron at low temperature if required.
- Do not use domestic/chlorine bleach.
- Do not dry clean

















References

See www.parafricta.com 'Publications' and 'Educational Resources'

NICE Guidance - Parafricta Bootees and Undergarments to reduce skin breakdown in people with or at risk of pressure ulcers - 19 May 2021

www.nice.org.uk/guidance/mtg20

Glossary of Symbols Used on Pack Inserts

| | | | |
|--|---|---|---|
|  REF | Catalogue number |  | Do not dry clean |
|  X1 | Pack of 1 |  | Unique Device Identifier |
|  | Consult Electronic Instructions for Use |  | Batch code |
|  | Patient Information Website |  | Date of manufacture |
|  | Maximum washing temperature 60°C |  | Use-by date |
|  | Only oxygen / non-chlorine bleach allowed |  | Medical device |
|  | Tumble drying possible – drying at lower temperature – maximum exhaust temperature 60°C |  | Complies with EU medical device regulations |
|  | Iron at maximum sole plate temperature of 110°C |  | Complies with UK medical device directive |

Manufactured by



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APA Parafricta Ltd is a registered medical device manufacturer with the UK's MHRA. The company is also registered on the EU EUDAMED database for medical device manufacturers.

Fibre Content of Bedding

Low friction panel/side: 100% Nylon

Surround/Back: 60% Polyester 40% Cotton

LATEX FREE



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