

User Guide

For Undergarments

There are three styles of Parafri^{ct}a[®] undergarment.



**Velcro[®]-brand
closure Style**



**Slip-on Brief
Style**



**Slip-on Boxer
Style**

Parafri^{ct}a[®] low friction fabric Undergarments are reusable products that are intended to aid in the prevention or healing of pressure ulcers, either alone or in combination with wound dressings, incontinence pads or 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.**

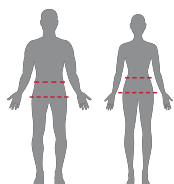
Instructions for Use

- Designed for continual wear under clothes or nightwear to protect skin on the sacrum, buttocks, and hips.
- May be used in combination with suitable pressure relieving devices such as mattresses, cushions, or overlays.
- Select the appropriate style in the size according to the Size Selection table.
- If it is difficult for the user to get the slip-on styles on or off, consider using the Velcro[®]-brand closure style, which can be opened at the front.




Instructions for Use (continued)

- Change to a clean undergarment if there is soiling or according to clinical judgement.
- May be used over dressings to help retain wound dressings by preventing displacement caused by friction (“rucking up”).
- Incontinence pads may be worn, but vulnerable skin or dressed wounds should ideally remain in contact with the lining fabric of the undergarment. Pads may be retained, if necessary, with net fixation pants, under the undergarment.
- The Undergarments should be disposed of if there is heavy soiling not removed by washing or if there are signs of seam failure or damage to the low friction lining fabric.

Size Selection



Use the table below. Both the waist and the hips dimensions are required to ensure the best fit. Go first by the hip size closest to the users if in doubt which size to select.

Undergarment Model	Product Size	Hip Size (cm)	Waist Size (cm)	Product Code
 <p>PFFUG-001 Velcro®-brand closure Brief Style</p>	XS	86-90	56-65	PFFUG-001XS
	S	91-99	66-80	PFFUG-001S
	M	100-110	81-93	PFFUG-001M
	L	111-120	94-106	PFFUG-001L
	XL	121-130	107-121	PFFUG-001XL
 <p>PFFUG-002 Slip-on Brief Style</p>	XS	86-90	56-65	PFFUG-002XS
	S	91-99	66-80	PFFUG-002S
	M	100-110	81-93	PFFUG-002M
	L	111-120	94-106	PFFUG-002L
	XL	121-130	107-121	PFFUG-002XL
 <p>PFFUG-003 Slip-on Boxer Style</p>	XS	86-90	56-65	PFFUG-003XS
	S	91-99	66-80	PFFUG-003S
	M	100-110	81-93	PFFUG-003M
	L	111-120	94-106	PFFUG-003L
	XL	121-130	107-121	PFFUG-003XL
	XXL	131-152	122-140	PFFUG-003XXL

When to Use

Parafricta® Undergarments work by providing relief from **friction** and associated **shear**.

Consider using for patients under the following conditions (examples):

- When there are already early signs of skin breakdown e.g. non-blanching erythema; abrasions; high sub-epidermal moisture.
 - When patients are dragging skin on the support surface whilst repositioning e.g. using a transfer board from bed to chair.
 - Wheelchair users.
 - When patients' conditions result in chronic repetitive movements or restlessness.
 - When the dressing over an existing pressure ulcer is frequently displaced.
 - When there is a particular cause of very high risk (e.g. in diabetics or at end of life).
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Precautions

- Do not use on undressed, open wounds.
 - Ensure that complete pressure offloading is (also) used where indicated, particularly for suspected deep tissue injury (sDTI).
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Washing Instructions

- Parafricta® Undergarments should be washed in a light load on a hot (60°C), synthetics cycle in a domestic washing machine.
 - In a professional laundry the undergarments may be washed on a setting that includes 70°C for 10 minutes (sanitising cycle).
 - Heavily soiled items may be pre-soaked in a proprietary oxidising stain remover (not domestic/chlorine bleach).
 - Line (air) dry.
 - Do not iron.
 - Do not dry clean.
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













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	 UDI	Unique Device Identifier
 X1	Pack of 1	 LOT	Batch code
	Consult Electronic Instructions for Use		Date of manufacture
	Patient Information Website		Use-by date
	Maximum washing temperature 60°C – mild process		Medical device
	Only oxygen / non-chlorine bleach allowed		Complies with EU medical device regulations
	Line drying		Complies with UK medical device directive
	Do not iron		
	Do not dry clean		

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 Undergarments

PFFUG-001 Velcro®-brand closure Brief Style

Body/Lining: 100% Nylon

Binding: 80% Nylon, 20% Elastane

Gusset: 100% Cotton

Elastic: 83% Nylon, 17% Elastane

Latex free



PFFUG-002 Slip-on Brief Style

Body/Lining: 100% Nylon

Binding: 80% Nylon, 20% Elastane

Gusset: 100% Cotton

Elastic: 83% Nylon, 17% Elastane

Latex free



PFFUG-003 Slip-on Boxer Style

Body/Lining: 100% Nylon

Elastic: 83% Nylon, 17% Elastane

Latex free



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