

**Self-care guide** for patients  
with a **pilonidal sinus**



**Flaminal® Hydro and Forte**

 **Flaminal®**

You have been prescribed Flaminal® Hydro and Forte by your Health Care Professional for use at home, please follow these guidelines for use. **Please read the instructions for use carefully.**

### BENEFITS

- Helps to keep your wound clean
- Keeps your wound moist and in the right healing conditions
- Flaminal® Hydro / Forte is safe for the skin and wound tissue
- Protects the edges of your wound
- Offers protection against bacteria
- Reduces wound odour
- Helps wound healing

### CONTRAINDICATIONS

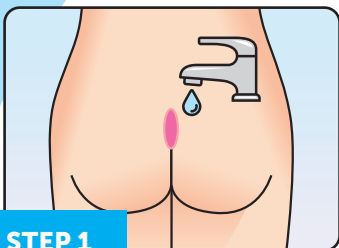
- Do not use if you have a known allergy to one of the components
- Do not apply to eyelids or in the eye. Should it come into contact with your eye, rinse the eye thoroughly



For dry to moderately wet wounds

Moderate to wet wounds

Your nurse/doctor will advise you to use Hydro or Forte depending on your wound type.

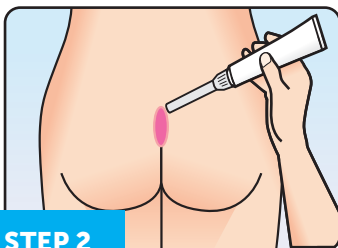


### STEP 1

Please ensure you **wash your hands** thoroughly before and after application of Flaminal® Hydro / Forte.

**Cleanse your wound with clean water** or a specific wound cleansing product if advised by your nurse/doctor.

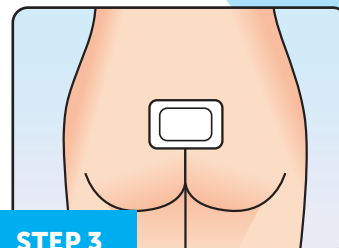
If you find you have **Flaminal® Hydro / Forte** from previous applications remaining on or in the wound that does not rinse off easily then this can be safely left in place.



### STEP 2

After cleaning your wound, **apply Flaminal® Hydro / Forte by completely filling the cavity**. For shallow wounds apply a layer of approx. 0.5cm (the thickness of a £1 coin).

Flaminal® Hydro/ Forte can be applied in the following ways e.g. directly from the tube, directly on the dressing first or with a spatula and for small cavities a tube applicator e.g. a nozzle or with a syringe can be used. Try to avoid the opening of the tube or tube applicator coming into direct contact with the wound.



### STEP 3

**Cover your wound with an appropriate dressing** as advised by your nurse/doctor.

The dressing type you use will depend on the condition of your wound, is it wet or dry?

- For wet wounds use a non stick absorbent dressing.
- For drier wounds use a non stick dressing. If your wound starts to become wet or your dressing starts to leak after 24 hours use a non stick absorbent dressing.

**Change your dressing every 1-4 days** or when excessive leaking as advised by your nurse/doctor. See note.

### PLEASE NOTE:

In the first few days of treatment you may need to change your dressing more often every 1 – 2 days. As your wound improves you can reduce dressing changes to every 3 – 4 days as recommended by your nurse/doctor.

If you have any questions relating to the use of Flaminal® please contact [medical@flenhealth.com](mailto:medical@flenhealth.com) or **07930953820**.

Please also find further information at [www.flenhealth.com](http://www.flenhealth.com).

If you have any questions relating to your care or wound then we advise that you contact your nurse or doctor.



 **Flen Health**  
advanced skin healing

 **Flaminal**®