

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).

Choosing the best sheet to use

Consult the table below

Product Description	Product Code	Used for	Type of bed or mattress	Colour
Single, fitted sheet	PFSS-001/B	Skin protection	Only flat bed, standard mattress or static, pressure relieving mattress	White or Blue
Single, flat sheet (Dynamic)	PFSS-002	Skin protection	Flat or tilted bed, dynamic, pressure relieving mattress	White
Single, flat sheet	PFSS-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)	PFDS-001	Self-repositioning or Skin protection	Flat or tilted bed, standard or static pressure relieving mattress	White
Pillowcase	PFPC-001/B	Skin protection	UK rectangular pillow	White or Blue

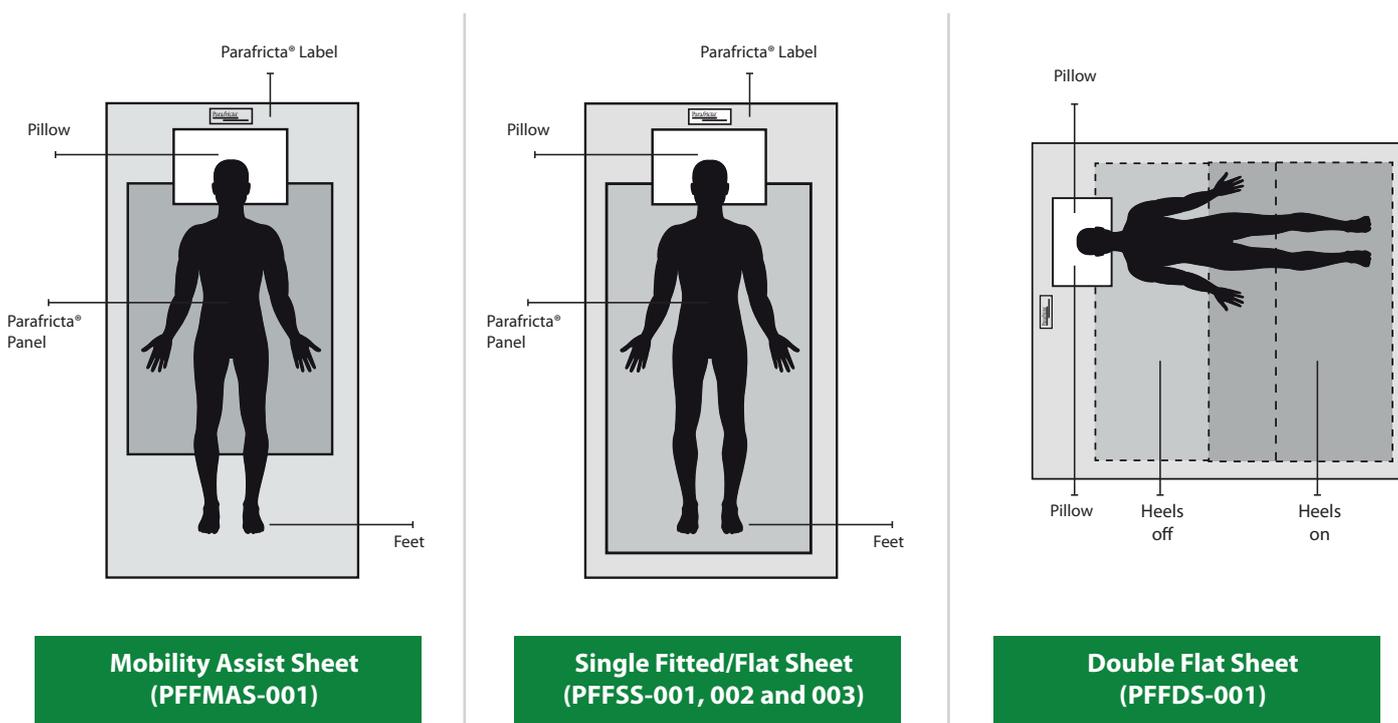
Ensure the sheet or pillowcase will fit the mattress or pillow

Consult the table below

Product Description	Product Code	Size of Mattress or Pillow	Dimensions
Single, fitted sheet	PFSS-001	190cm x 90cm	Fitted. Panel of Parafricta® fabric 74cm x 174cm
Single, flat sheet (Dynamic)	PFSS-002	180-200cm x 90-100cm	160cm x 274cm Panel of Parafricta® fabric 74cm x 174cm
Single, flat sheet	PFSS-003	180-200cm x 90-100cm	172cm x 292cm Panel of Parafricta® fabric 74cm x 174cm
Single, semi-fitted sheet (Mobility Assist)	PFMAS-001	190cm x 90cm	Fitted at top end. Central panel of Parafricta® fabric 65cm x 132cm
Double, flat sheet (Dual Purpose)	PFDS-001	180-200cm x 130-140cm	250cm x 300cm Panel of Parafricta® fabric 100cm x 120cm
Pillowcase	PFPC-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 'Clinical Evidence'

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