A Randomized Crossover Investigation of Pain at Dressing Change Comparing 2 Foam Dressings


Abstract
A major cause of pain at dressing change is the trauma and skin stripping caused by the repeated removal of adhesive dressings. This randomized crossover study evaluated pain during dressing changes comparing a soft silicone foam dressing (Mepilex Border™; Molnlycke® Health Care) with an adhesive hydrocellular polyurethane foam dressing (Allevyn Adhesive™; Smith & Nephew®). Thirty-two patients were randomized to 1 of the 2 dressings for the first 2 follow-up visits then switched to the alternate dressing at week 3 until the end of the study; after visit 5. The study concluded that the silicone dressing resulted in a lower level of pain before and during dressing changes as well as less peri-wound maceration. Authors note that the choice of appropriate dressings improve a patient’s ability to cope with unpleasant dressing procedures.

Additional notable discussions:

- The authors note that the issue of pain at dressing change a significant patient concern and present an excellent Review of Literature on wound pain with a focus on the intensity of pain at dressing change.

- Authors note that the most common treatment choice continues to be gauze which is known to be more painful.

- The method by which silicone dressings prevent pain on removal is also discussed.

- An unexpected finding of significantly greater autolytic debridement was also found with the silicone dressing.