

Patient Information Leaflet: Parafricta® Undergarments

Your health or care professional has provided you with Parafricta® undergarments to wear to help prevent bedsores on your trunk, particularly on your buttocks. This Patient Information Leaflet aims to provide you with essential information on the proper use and care of Parafricta® undergarments.

What are Bedsores?

Bedsores (medically known as pressure ulcers) are injuries to the skin and underlying tissue, primarily caused by a combination of pressure, dragging (shearing) and abrasion (friction) on the skin. They usually occur over a bony prominence such as the sit and hip bones. Prolonged periods in bed or seated in a chair greatly increase the chances of developing bedsores.

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 bedsore.

How are Bedsores Prevented?

It is important to reduce the pressure, dragging and abrasion over bony prominences in contact with the bed or chair. This can be achieved by not staying in the same position for extended periods, by using pressure-relieving mattresses and cushions and by using low-friction fabrics in contact with the skin.

What are Parafricta® Undergarments?

Parafricta® undergarments are specially designed to incorporate a unique low-friction material. These undergarments are intended to reduce friction and shearing (dragging) forces on your bottom, hips and lower back when they move over the bed, chair or other surfaces such as transfer boards, and therefore help to prevent bedsores.

How to Use Parafricta® Undergarments:

1. Check you have the Correct Size:

- The undergarments come in seven sizes. Make sure you have the right size for your hip and waist size. The undergarment should fit comfortably and should not feel tight anywhere.

2. Put on the Undergarment:

- Put on the undergarment just as you would your normal underwear.
- If your undergarment has Velcro® fasteners at the front secure them according to your comfort level but not too tightly.
- If you feel that the undergarment is too tight discuss alternatives with your healthcare professional.
- Do not wear your normal underwear or any other item of clothing *under* the undergarment.
- You should wear anything you feel comfortable in *over* the undergarments.

3. Regular Inspections:

- Periodically check the undergarments for any signs of damage or wear, such as seams opening-up. Replace them if they become damaged.

Care and Maintenance:

1. Cleaning:

- Wash the undergarments according to the instructions on the care label.
- The undergarments can be washed at 60-70°C using a gentle (synthetics) washing cycle. Use your regular detergent but not fabric conditioner.
- Tumble dry the undergarments on a low (synthetics) setting or allow them to air dry.
- Close any Velcro® straps before washing and drying the undergarments.
- **Never** use chlorine-based bleach to clean the undergarments (it will damage the low friction fabric lining).
- Heavy soiling may be removed by soaking in a proprietary oxidising stain remover.

2. Storage:

- Store the undergarments, when not being worn, in a dry place, in their original packaging if possible.

When to Consult Your Healthcare Provider:

If you experience any discomfort, irritation, or worsening of existing skin conditions while using Parafricta® undergarments, consult your healthcare provider for advice.

Contact Information:

For any other questions or concerns about Parafricta® undergarments, please contact the manufacturer.

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Parafricta®

