

# T.I.M.E. Your step-by-step guide to optimal wound healing\*

## STEP 1

Assess the wound

**T**  
T I M E

### TISSUE MANAGEMENT

- Wound is coated in sloughy dead tissue
- Slough needs to be removed before healing can commence

**If wound is covered in dry black dead tissue – cover, protect and seek further clinical advice.**

**I**  
T I M E

### INFECTION & INFLAMMATION CONTROL

- Identify cause of chronic inflammation
- Holistic management of person's health
- Reduce bacterial burden on the wound bed

**M**  
T I M E

### MOISTURE BALANCE

- Exudate contains bacteria and wound debris which will slow wound healing
- Too much exudate can lead to further breakdown of wound bed & edges
- Dry wound bed may need moisture added to encourage new tissue growth

**E**  
T I M E

### EPITHELIAL (EDGE) ADVANCEMENT

- Successful management of T.I.M. will encourage epithelialisation

## STEP 2

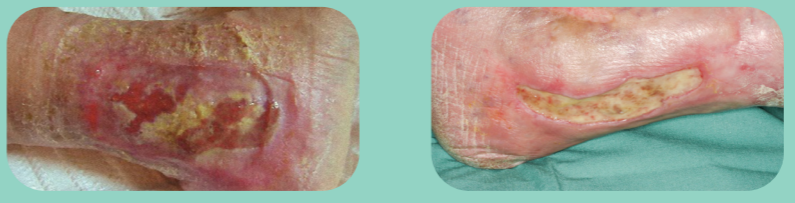
Identify the wound's needs

### CLEAN & DECONTAMINATE



Reduces bacterial burden on wound & risk of infection

### ABSORB OR HYDRATE



Manage Moisture

### PROTECT



Promote wound closure

## STEP 3

Choose the right dressing



**HydroClean®**

Debrides & cleans wound

**Atrauman® Ag**

Reduces risk of re-contamination<sup>1</sup>



**HydroClean®**

Donates moisture & absorbs exudate

**Zetuvit® Plus Silicone Border**

Absorbs moderate to heavy exudate

**Zetuvit® Plus**

Absorbs heavy exudate



**Atrauman® Silicone**

Protects granulation tissue

**Proxime!®**

Promotes healing



\* Adapted from Schultz et al, 2003. 1. Bruggisser, R. (2005). Bacterial and fungal absorption properties of a hydrogel dressing with a superabsorbent polymer core. J Wound Care 14, 438-42. 032023\_9166349