

Self-care guide for patients
with feeding tubes



Flaminal® Hydro and Forte



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

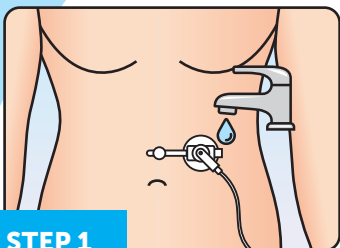
- Do not use if you have a known allergy to one of the components
- Do not apply to eyelids or in the eye. Should it come into contact with your eye, rinse the eye thoroughly



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.

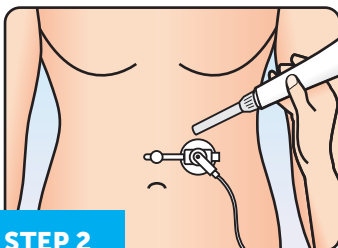


STEP 1

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

Cleanse the area around your tube with clean water or as 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.



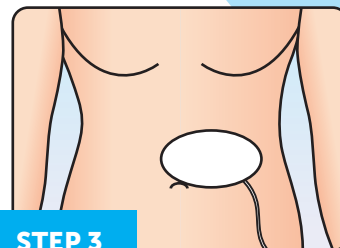
STEP 2

After cleaning the area around your tube, **apply Flaminal® Hydro / Forte with a thick layer of approx. 0.5cm** (the thickness of a £1 coin) **around the tube.**

Flaminal® Hydro / Forte should be re-applied **each day.**

You can apply Flaminal® Hydro / Forte directly to your stoma or use an applicator if you have been provided with one.

Try to avoid the opening of the Flaminal® tube or applicator coming in to direct contact with your stoma site.



STEP 3

You may be given a keyhole dressing to apply around the tube. If not, a loose, thin absorbent dressing may be used to cover the site whilst it is leaking. Do not place bulky dressings under the external plate.

Change your dressing every day or when excessive leaking as advised by your nurse/doctor. See note.

If you have any concerns please contact your nurse/doctor for advice.

PLEASE NOTE:

Flaminal® Hydro should be used if there is little or no leakage

Flaminal® Forte should be used if there is moderate or high levels of leakage

If you have any questions relating to the use of Flaminal® please contact medical@flenhealth.com or **07930953820**.

Please also find further information at 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**®