

The ClearGEL Cushion (page 1 of 3)



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Why do I need a ClearGEL cushion?

Your injury means that you may easily develop pressure marks and ulcers. You have been assessed as needing a specialist cushion to reduce the chance of this happening.

The Spinal Centre recommends the ClearGEL cushion if you are using a static seat for long periods such as road or air travel or when sitting in an armchair.

The ClearGEL cushion must only be used as a temporary measure to protect your skin whilst out of your wheelchair, and is not an alternative to your prescribed cushion.

The ClearGEL cushion can only be purchased, and is not supplied by your local Wheelchair Services.

Your ClearGEL cushion

The ClearGEL cushion is made up of 2 main parts:

- a combined air cavity and memory gel overlay bonded onto a foam base. A woollen cover protects the overlay.
- a breathable waterproof outer cover for protection and handling of the cushion. An anti-slip base is built in.



The seating surface moulds to your body's contours, providing stability and good weight distribution whilst promoting overall positioning and support.

Daily checks

The ClearGEL cushion needs daily maintenance.

If someone is doing this for you, you will need to tell them how to do it, and make sure that they do it correctly.

- ensure the woollen side is facing upwards inside the outer cover.
- check for loss of shape, wear and compression.
- check the outer cover for signs of damage.
- ensure the gel overlay is not coming loose or detached from the foam base.
- the cushion can be rotated to fit the width and depth of the seat.

Pressure Clinic

 **01722 429291**

Using the cushion

When you have finished checking or cleaning the cushion, put it back together carefully. Always hold the cushion by the base.

The cushion has been designed to be used with the outer cover for maximum efficiency and cannot be used without the cover temporarily.

We advise you not to place an alternative cover on the cushion such as a pillowcase or a towel, as this will affect the efficiency of the cushion, and can cause skin marking.

The outer cover protects the cushion and has a large zipper at the back and descriptive labels. Always replace worn or damaged covers. Replacement covers are available from the supplier of your cushion.

Do not expose your cushion to naked flames or long periods of extreme temperatures.

We advise you not to store items under or to the side of your cushion as this could create a higher seating pressure, and lead to pressure marks or ulcers.

Sharp objects may puncture and split the protective cover.

Do not bend the cushion as this will damage the foam.

The maximum user weight for the ClearGEL cushion is 146kg / 321.9lbs.

Your skin can be badly damaged if the cushion is not used properly.

Cleaning your cushion

If the foam or overlay becomes soiled due to incontinence it must be replaced as the foam is absorbent and it cannot be cleaned.

The outer cover can be cleaned with a damp cloth and normal household detergent and wiped dry or allowed to dry naturally. Do not machine wash the outer cover.

Dry the cushion flat in the open air. Do not place it in direct sunlight or in front of fires, radiators or heaters.

Do not immerse the foam cushion (with or without protective cover) into water.

Never use bleach, alcohol products or oil based lotions to clean any parts of your cushion, as they can damage it.

Pressure relief

You may need to carry out pressure relief on this cushion. If you are not sure whether you need to do this, please contact the Pressure Clinic.

Pressure relief helps to keep the blood flowing in your seating area. This is necessary for healthy skin and helps prevent ulcers forming.

Pressure is relieved when the bony parts of your bottom are lifted clear from the cushion.

To do this you can lift your bottom off the seat or lean side to side or forward and then back. If possible relieve the pressure every 20 minutes for 20 seconds.

Skin

You should check your skin for any damage before getting into your wheelchair and on going back to bed. When in bed, if you have any red or pink marks on your skin, you will need to relieve pressure from the area until the mark has completely faded.

If the mark is still there after 30 minutes, please contact the Pressure Clinic for advice.

New cushions are firmer than older ones, so you need to check your skin as often as possible when you get a new one.

Life expectancy of the cushion

The ClearGEL cushion should last 24 – 36 months, but this can vary depending on your weight and how active you are. The cushion is guaranteed for 2 years from manufacturing defects.

How can the Pressure Clinic help?

We are available by telephone for advice, and you will attend the Pressure Clinic during your Outpatient appointment to see your Consultant. Additional appointments can be made for you to be seen in the Pressure Clinic should you so wish.

We can be contacted for addresses and telephone numbers of local wheelchair services, sales representatives for cushions, and for advice on any aspect of your pressure area care.

Pressure Clinic – Telephone : 01722 429291

Please remember that this leaflet is only to be used as a guide and that each person needs to be individually assessed for a cushion.

Once a cushion is prescribed it does not reduce the need for skin checking and continued assessment.