

## *The Terra Aquos cushion (page 1 of 3)*

### **Why do I need a Terra Aquos 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.

### **Your Terra Aquos cushion.**

There are different types of Terra cushions available, and are all similar.

Pressure Clinic staff can help you to choose the best cushion for your needs and it is best not to use a different type of Terra cushion until you have been assessed for its use.

The cushion is made from a lightweight durable moulded foam, with a breathable water resistant outer cover for protection. The outer cover has built in LiquiCell (fluid) packs in it, to help minimise shear and friction these cannot be removed.

You may need to use a stretchy thin plastic inner liner under the outer cover.

The Terra Aquos cushion gives stability and good weight distribution whilst helping you with overall positioning and support.

Accessories such as a seat rigidiser (SR) may also be used with all types of Terra Aquos cushion.

### **Daily checks**

The Terra Aquos cushion does not need much in the way of maintenance. If someone else is doing this for you, they will need you to tell them how to do it and you must make sure that they do it correctly.

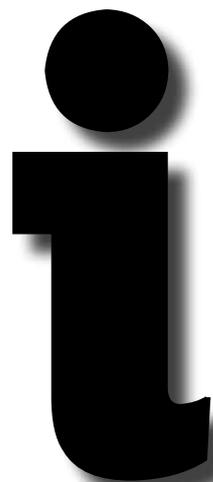
Regularly check your cushion by holding it by the base and carefully checking for signs of loss of shape, wear and compression (this will help to provide sufficient padding under your bottom and prevent the cushion 'bottoming out').

If a seat rigidiser is used, this must be placed on the underside of the cushion, before putting on the outer cover.

A seat rigidiser is designed to increase the lifespan of cushion and help

### **Pressure Clinic**

 **01722 429291**



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: [customercare@salisbury.nhs.uk](mailto:customercare@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](http://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](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

Name: Matt Fiddy  
Role: Outpatient Technician  
Date written: April 2015  
Review date: January 2021  
Version: 1.0  
Code: PI1255

your overall posture by minimising the foam base sagging when the cushion is used on foldable wheelchair bases. This must be removed if used on a flat base as it can increase the pressure to your seating bones, causing skin damage.

If any of the protective covers become damaged, they must be replaced. If this happens you must contact your wheelchair service or your cushion supplier immediately.

Once you have finished checking your cushion, you will need to put it back together carefully.

## **Cleaning your cushion**

The outer cover can be removed and washed in a washing machine. The instructions are on a label on the cover. Make sure the zipper is closed before cleaning. Do not attempt to remove the LiquiCell (fluid) packs.

The inner liner can be wiped cleaned with a damp cloth and household detergent or soap. Wipe dry or allow the cushion to dry in 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 covers) into water.

If the foam becomes soiled due to incontinence it must be replaced because the foam is absorbent and it cannot be cleaned. Contact your wheelchair services or cushion provider for a replacement.

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

## **Using the cushion**

The outer cover has descriptive labels underneath and at the back to help you to put the parts together and use it properly.

The cushion has been designed to be used with the outer cover and cannot be used without it.

The outer cover and the inner liner are designed to protect the foam against moisture.

Do not store items under or to the side of your cushion, this could create a higher seating pressure, and lead to pressure marks or ulcers. Sharp objects may puncture and split the protective covers. Be careful not to rip or overstretch the thin inner liner.

It is at the discretion of your cushion supplier if a spare outer cover is provided.

Do not leave your cushion close to a naked flame or exposed to extremes of temperatures.

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

The cushion has a raised contoured shape at the front to help you to place it correctly before using it. The outer cover has a zipper which goes all around the back and sides.

It is vital that the cushion is not placed the wrong way round (not back to front or upside down) inside the outer cover. Your skin can be badly damaged if the cushion is not used properly.

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The maximum user weight of this cushion is: 150kg or 330.7lbs.

## 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.

You can relieve pressure by lifting the bony parts of your bottom clear of the cushion. You should do this 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 skin damage before getting into your wheelchair and when you go 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 you skin as often as possible when you get a new one.

## Life expectancy of the cushion and how to replace it

The Terra Aquos cushion should last between 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.

To repair or replace your cushion, contact your local wheelchair service or supplier. If you are unsure of their address, please contact the staff at the pressure clinic who will be able to help.

## How can the Pressure Clinic help?

We are available by telephone for advice, and you will also attend the Pressure Clinic during your Outpatient appointment to see your Consultant. Additional appointments can also 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.

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Please remember that this hand-out 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.

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