

The Trulife Relax Duogel cushion

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Why do I need a Trulife Relax Duogel 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 Trulife Relax Duogel cushion

The Trulife Relax Duogel cushion is made up of three main parts:

- a moulded foam base with built in fluid and silicone gel pads.
- a thin stretchy plastic inner liner, which encases the cushion.
- an outer cover for protection and handling of the cushion.



Accessories such as a seat rigidiser (SR) or a solid seat insert (SSI) may also be used with this cushion.

The Trulife Relax Duogel cushion provides stability and good weight distribution whilst promoting overall positioning and support.

Before use

Always hold the cushion by the base or by the small loop handle on the side.

To provide sufficient padding under your bottom and prevent the cushion 'bottoming out', the fluid gel section at the back must be remoulded before use. This will help prevent skin marking and pressure ulcers developing.

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

The seat rigidiser/sold seat insert are designed to promote the life span of the cushion and overall posture by minimising the sagging of the foam base when the cushion is used on foldable wheelchair bases. This accessory must be removed if used on a flat base as it can increase the interface pressure to your seating bones, promoting skin damage and instability.

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

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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Pressure Clinic
 **01722 429291**

Daily checks

You need to check the cushion every day.

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.

- remove the cover and check the fluid gel pad for punctures or leakage as these can remain undetected for several days.
- check the plastic inner liner for signs of damage.
- check the foam base for wear or change of shape.

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

The foam base and seat rigidiser are labelled 'front' and 'back' to help you with this.

Using the cushion

Various covers protect the cushion:

- a breathable outer cover that can be removed for washing.
- a stretchy thin plastic inner liner underneath (to protect the foam cushion).
- a waterproof outer cover is also available if required.

The cushion has been designed to be used with the outer cover for maximum efficiency and may be used without this cover temporarily, such as when the cover is in the wash, only if the inner cover is used. This should only be for a short time due to increased risk of heat generation and moisture build-up on your skin.

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 has a large zipper at the back.

It is at the discretion of your cushion supplier if a spare outer cover is provided. Replacement covers are available from your wheelchair service or the supplier of your cushion.

Do not expose your cushion to naked flames or to extremes of temperature.

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 damage your cushion. Should this happen you must contact your wheelchair service or your cushion supplier immediately.

The maximum user weight of Trulife Relax Duogel cushion is 130kg / 287lbs

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

Cleaning your cushion

The outer cover must be machine washed on 40°C wash cycle programme. Dry flat. Do not tumble dry.

Inspect the inner liner for damage before wiping with a damp cloth and household detergent or soap do not immerse the cushion in water and allow it to dry naturally.

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

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

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

Ensure that the foam base is placed the correct way inside the cover (and not back to front or upside down) and that the fluid gel pad is at the back of the cover.

It is important that all the parts are assembled correctly. Placing the complete assembled cushion the wrong way round can cause significant skin damage.

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 and how to replace it

The Trulife Relax Duogel 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.

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.

Pressure Clinic

 01722 429291

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.