

The Trulife Relax Easy High Profile Cushion (page 1 of 3)



Why do I need a Trulife Relax Easy High Profile 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 Easy High Profile Cushion.

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

- a moulded foam base constructed of special visco-elastic memory foam with a fluid insert built in. The fluid pad requires no maintenance.
- a thin stretchy plastic inner liner, which encases the cushion.
- an outer cover for protection and handling of the cushion.



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

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

Daily checks

The Trulife Relax Easy High Profile cushion needs minimal daily maintenance.

Check the cushion every day for loss of shape, wear and compression.

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

- check the plastic inner liner for signs of damage
- check the foam cushion for wear or change of shape.

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

Using the cushion

The cushion can be rotated to fit the width and depth of the seat.

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

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: 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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- If a seat rigidiser / soild seat insert is used, these must be placed on the underside of the cushion (as directed), before putting on the outer cover.
- The seat rigidiser / soild seat insert are designed to promote the life span of 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.

Various covers protect the cushion. If any of the protective covers becomes damaged, they must be replaced.

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

The cushion has been designed to be used with the outer cover for maximum efficiency and may be used without the cover temporarily, such as when the cover is in the wash, only if the inner cover is used.

The inner liner will allow for temporary mobilising; however this should be for a short time only 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 foam cushion can be replaced into the outer cover either way up or round.

The outer cover has a large zipper at the back.

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

Be careful not to rip or overstretch the thin material inner liner.

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

The maximum user weight for the Trulife Relax Easy High Profile cushion is 150kg / 330lbs.

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

Cleaning your cushion

If the foam 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.

The outer cover can be cleaned with a damp cloth and normal household detergent and wiped dry. The cover can also be removed and machine washed on a 60°C wash cycle and dried naturally. Carefully remove the foam insert when machine washing the cover.

To prevent shrinkage or damage to the cover do not tumble dry.

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Dry the cushion 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.

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 skin 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 you skin as often as possible when you get a new one.

Life expectancy of the cushion and how to replace it

The Trulife Relax Easy High Profile cushion should last 18 – 24 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 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.