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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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Visco Pro cushion (page 1 of 3)

Why do I need a Visco Pro 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 Visco Pro Cushion

The cushion is constructed of special visco-elastic memory foam.

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

The cushion readjusts to any positional changes of your body and remoulds within 10 seconds. This is known as a "memory" effect.

Different thickness of Visco Pro cushions are available. The Pressure Clinic recommends the 7.5 cm / 3" height Visco Pro cushion to provide sufficient padding under your bottom and prevents "bottoming out".

Daily checks

The Visco Pro cushion needs very little daily maintenance.

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

Always check for loss of shape, wear and compression.

The cushion can be rotated to fit the width and depth of the seat. Due to the construction of the outer cover, please ensure the Visco Pro logo is always on top.

Cleaning your cushion

If the foam becomes soiled due to incontinence it must be replaced as the foam is absorbent and it cannot be cleaned. Contact your wheelchair services / 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 50°C wash cycle and dried naturally. Carefully remove the foam insert when machine washing the cover.

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

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

The foam insert can be put into the outer cover either way up or round.

Replacement covers are available from your wheelchair service or the supplier of your cushion.

Do not put 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 perish the materials used in construction.

Using the cushion

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

A three-way stretchable terry cotton outer cover is available from the Pressure Clinic. Patients need to buy these for use with their own equipment.

Do not 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. If the protective cover becomes damaged, it must be replaced.

The outer cover has descriptive labels on the cover to help with positioning the cushion before use.

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

Do not store items under or to the side of your cushion because this could create a higher seating pressure, causing 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 because this will damage the foam properties.

The maximum user weight for the 7.5 cm / 3" height cushion is 150kg / 330lbs.

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

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.

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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.

Remember that new cushions are firmer than older ones, so you need to check your skin more often when you get a new one.

Life expectancy of the cushion and how to replace it.

The Visco Pro 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.