Frequently asked questions

Practical tips for the use of epicite® balance

How often should epicite® balance be changed?

There is no "one size fits all" answer to this. Where epicite® balance is used to clean a chronic wound or for autolytic debridement, dressing changes after just two days are common in practice during the first few days of application.[1,2] With progressive treatment and continued healing, dressing changes every three to five days are common.[2,3] However, when treating first and second-degree burns, epicite® is often kept on the wound without any dressing changes until the wound has fully healed.[4,5] In any case, the wound should undergo a mechanical removal of slough as per standard practice, e.g. using a cotton compress, before applying a new epicite® dressing.

I have noticed that epicite® balance may slip below the secondary dressing. What can I do about that?

Under film dressings, positioning an additional thin, sterile compress or a sterile gauze over epicite® balance has proven to be an effective solution.[1,3]

I would like epicite® balance to stay moist for longer to get the benefit of its wound-cleaning properties and use it for autolytic debridement. What can I do about that?

How long epicite® balance stays moist on the wound depends on the wound's degree of exudation as well as how much moisture the secondary dressing draws from epicite®. If epicite® balance dries out too fast, then switching to a less absorbent secondary dressing (e.g. sterile film dressing) or using an intermediate layer of silicon or fatty gauze underneath the secondary dressing (e.g. an absorbent dressing) can help.[3]

Can the epicite® balance overlap the edge of the wound?

Yes, it is even recommended to have an overlap of 2 – 3 cm.[7] Practice has shown that additional wound edge protection is not generally necessary. [2,3]

Can you use epicite® balance to remove biofilm?

No. This still requires prior treatment as per standard practice (e.g. mechanical removal of biofilm and use of antiseptic solutions). Only then should epicite® balance be used.[3]

1 Eberlein Th., Kruschwitz S., Bertram Ch., Die Besonderheiten eines natürlich feuchten Wundverbandes – Wundreinigung mit biosynthetischer Cellulose, DEWU Bremen, 10/05/2023
2 Klinische Anwendungsstudie epicite® im Rahmen der Maßnahmen des PMCF (2021)
3 Klinische Anwendungsstudie epicite® im Rahmen der Maßnahmen des PMCF (2023-2024)
4 Cattelaens, J., Turco, L., Berclaz, L. M., Huelsse, B., Hitzl, W., Vollkommer, T., & Bodenschatz, K. J. The impact of a nanocellulose-based wound dressing in the management of thermal injuries in children: results of a retrospective evaluation. *Life* (2020) *10*(9), 212.

epicite® balance
Designed by JeNaCell.

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Does epicite® balance have to stay wet while on the wound?

epicite® balance was specially designed for moist wound treatment; its moisture aids wound cleaning, autolytic debridement and granulation.[3,7] In the later stages of wound healing, it can however be advantageous if epicite® has dried in the time leading up to the next dressing change.[6] But when changing the dressing, epicite® balance should be moistened again to ensure that it can be removed from the wound easily.[7]

Can I fold epicite® balance in the wound?

Yes, this is possible. Since swelling is minimal with epicite® balance, it can also serve as a wound filler in deep wounds.[4]

Can I cut epicite® balance to size?

Yes, but only with sterile instruments.[3]

I have noticed a build-up of exudate under epicite® balance. Have I done something wrong?

In practice there are reports of epicite® balance losing too much moisture too quickly under absorbent dressings or superabsorbers. These combinations can cause the inner mesh structure to change and the fibers to collapse (epicite becomes very thin), making it less permeable to more viscose exudate.[3] Here too, positioning an intermediate layer of silicon or fatty gauze under the secondary dressing can help keep the exchange of fluid between epicite® and the secondary dressing in balance.[3]

Is epicite® balance suitable for infected wounds?

epicite® balance itself does not contain any antimicrobial components. Infections should be treated properly, e.g. with an antiseptic, according local standard of care. In practice, epicite® balance is used in conjunction with many standard antiseptic solutions (e.g. products with octenidine, PHMB, povidone-iodine).[2,3,4]

5 Maurer, K., Renkert, M., Duis, M., Weiss, C., Wessel, L. M., & Lange, B. Application of bacterial nanocellulose-based wound dressings in the management of thermal injuries: Experience in 92 children. *Burns* (2022) *48*(3), 608-614.

6 Tuca, A. C., Bernardelli de Mattos, I., Funk, M., Winter, R., Palackic, A., Groeber-Becker, F., ... & Kamolz, L. P. Orchestrating the dermal/epidermal tissue ratio during wound healing by controlling the moisture content. *Biomedicines (2022) 10*(6), 1286.

7 Instructions for Use – epicite® balance, EPIB_0029_0423

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