ISSN NO:2476-213X

Volume:7 | ISSUE:2

Abstract :

The effect of the pressure focused on the wound bed, achieves a surprising result in the healing of the wounds. For years (since 2002), I have been working on the healing of vascular ulcers in the lower limbs, with a technique of compressive bandage "Double focal compression bandaging" with positive results. We only use gauzes and bandages. The ulcers did not get infected and any additional debridement was not performed, since the technique involves two: Autolytic and mechanical debridement. We found that this same effect was produced using focused pressure on the wound bed, and in the wounds that required surgical suturing, the aesthetic results were excellent. Physiopathology gives us the explanation to these facts: Arteriogenesis is the rapid proliferation of the preexisting collateral arteries, and angiogenesis is a process by which new capillary blood vessels sprout from a preexisting vessel. Considering these physiological concepts, the pressure centered on the wound bed generates pressure gradients that stimulate arteriogenesis around the ulcer, which leads to its healing. The antibacterial effect of monocytes, and their subsequent transformation into macrophages, explains two relevant facts: Why there is no infection, and it is not necessary making any other type of debridement. This technique involves making two debridements: Mechanical and Autolytic. This clinical experience answers the following questions: 1.- What is the effect of applying focused pressure on a wound bed? 2.- Can we heal the wounds by applying this method? 3.- Is there infection? What type of debridement? 4.- What are the aesthetic results?

Biography :

Service in Santiago de Compostela. He is specialist in communitarian medical practice. Carlos Sánchez Fernández de la Vega, male, 65 years old, titled by University Santiago de Compostela in 1978. His grade thesis is “Aspectos anatomo-clínicos de los retinoblastomas” in Hospital´s Ophthalmology His diploma is in Health Sciences. He worked in primary care in rural area for 9 years. Since 1990 he works in urban health center (Lugo). Since 1999 till 2003, he was chief of service in FINGOI CENTER. He has an exclusive dedication to the Public National Health System. He has developed three methodologies about cardiovascular risk factors, adapted to the daily practice of General. He has published “Venous leg ulcers. Double focal compression bandaging”. It was presented in 15th World Congress Union International of Phlebology (2005). Other papers, about this topic, have been published, and presented at international congresses.

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