

# Efficacy evaluation of waterproof and permeable wound dressing in practicing high-level water sports activity

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## Introduction

Practicing water sports exposes to injury. The wound is the source of annoyance and getting worse can have negative impacts on performance objectives or may lead to complete sport disability. Our intention was to refer on benefits of waterproof protection in the treatment of such wounds.

## Patients and methods

A prospective observational practice study comprising patients that had been treated by using a secondary wound dressing\* when qualifying for the Olympic Games.

Among the data gathered were the characteristics of the patient, circumstances and evolution of the wounds, the benefits and limits of the dressing in relation to its application and wearing during the competition.

The principal evaluation criteria was the favorable evolution of the cicatrization process with no need to stop the sport activity.

## Results

There were twelve patients involved in one week. The injuries included mainly abrasions, excoriations or sutured wounds and were purely located on extremities: hands, feet, face and tibia. After the medical care to the wound the secondary dressing was applied. The sportsmen resumed immediately their competition. The evolution marked as favorable was observed in the whole of our patients. Two patients developed localized epidermidis rapidly handled by local antibiotics. None of the patients were penalized in the final placing.

## Discussion

It seems to be useful to protect the wound during the cicatrization process by applying a waterproof and conformable dressing. This is particularly profitable for water sports activities so that the physical activity could be continued.

## Why choose this secondary dressing?

When looking for an effective waterproof solution to protect wounds during nautical practice, we found that this dressing was already 60m water proofed by French Marine Corp.

First, the dressing matches size and shape of the initial dressing to protect it, and will be pasted only on intact skin, offering to cover precisely the contact area.

Secondly, the glue will completely close the dressing without adhesion to the wound and would bond seamlessly to the contours of the skin.

You must practice to get real benefit of the concept, especially for fingers and all extremities.

## Few examples:

### Typical regatta wound



Résult after 8 days

J. d'O, France

« We left the dressing 3 days and it's too much probably. The cicatrization was good with no contact with salt water. However the wound was oozing a lot (4h/d under neopren suit...) so small pimples appeared around the wound. I think if we had changed the dressing every day, cicatrization would have been faster and pimples wouldn't appear... 10 days after the wounds are already almost completely closed. »

### 15 days neglected wound



After 36h, the healing started again

M. G. Brazil

« I think do to the quantity of movements we do on the competition, and the amount of suits we use it doesn't lasts for more then one day. But even thou, its a lot worth having it clean and dry, rather then all whet, as it was with other band aids. Ill recommend it for everyone, with small injuries or to who doesn't move as much as we (competitors) do, because it would be easier to stay for a longer time! I think its also of great importance to have skin shaved and lots of glued area, to avoid the mistake we did in the first day. »

### Wound in the gound



At the end of regatta

avec l'aide généreuse de la Société Française et Francophone des Plaies et Cicatrisations



\* Secuderm