Debunking myths on wound healing

SINCE time immemorial, scab formation was the hallmark in wound healing.

Wounds left open or those that are kept dry often develop a scab over the wound site. In actual fact, scabs – a collection of exudate and devitalised serum – delay wound closure.

Research and numerous clinical trials show that wounds with scabs heal slower, are more painful, increase scar formation, and have reduced tissue tensile strength.

Definitive research on the benefits and outcomes of a moist wound was first published in the 1960s, but were only adopted as the standard of care for wound management in the 1980s.

Moisture is a critical component for healing as it provides hydration to the exposed tissues and cells.

Moist wound healing

The concept of moist wound healing follows the science of cellular viability, in which all cells require moisture to reproduce and migrate to fill in a tissue defect.

Primary advantage of moist wound healing is faster healing time. Research shows that pain and scarring are reduced when wound cells have a moist environment.

Additional studies prove that it also:

> Decreases time to wound closure
> Decreases infection rates
> Has less necrosis
> Has less incidence of wound recurrence
> Has activated collagen in wound healing

Importance of collagen

Collagen is a key component of a healing wound.

Due to potential stimuli, such as inadequate blood supply to the tissue, presence of unsterilised bacteria, repeated trauma and more, wounds remain inflamed and unhealed.

Chronic wounds have high levels of matrix metalloproteinases (MMPs) enzymes capable of degrading extracellular matrix (ECM) proteins, which uphold cell integrity and provide structural and biochemical support.

MMP enzymes degrade non-viable and also viable collagen. Collagen-based wound dressings are suited to stop the collagen degradation in the wound. Also, collagen-based dressings can absorb wound exudates and maintain a moist wound environment.

Activated collagens are collagens that have been hydrolysed into smaller molecules to allow them to dissolve in the wound fluid and be more effective in the wound healing process.

Glycerin in wound healing

Glycerin is a humectant, which means they attract, bind, and hold moisture, providing a moist environment for wound healing.

Clinical studies show that glycerine in high concentration creates a bacteriostatic environment that decreases the number of microbes in the wound.

Trials carried out at local hospitals with activated collagen and glycerine documented that diabetic patients with foot ulcers show marked improvement in wound healing.

Activated collagen is effective in the fibroblastic phase of wound healing and helps in the healing of chronic wound. Wound healing is kick-started with the collagen.

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Source:

– ww.woundsresearch.com/content/a-review-collagen-and-collagen-based-wound-dressings
– www.ncbi.nlm.nih.gov/pmc/articles/PMC3839013/pdf/wound.2011.0288.pdf

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