



MOIST WOUND HEALING ENVIRONMENT

Why is it important?

When it comes to wound healing, creating the right environment is crucial. And the key to that environment is moisture. Moist wound healing has been shown to promote faster healing, reduce scarring, and prevent infection. But how can you ensure your wound is staying moist? That's where L-Mesitran comes in.

Why is moisture so important in wound healing?

When a wound is dry, it can form a scab, which might seem like a good thing. However, that scab actually prevents new skin cells from growing and slows down the healing process. Additionally, dry wounds are more prone to infection, as the skin's natural barrier is compromised. A moist wound, on the other hand, allows new skin cells to grow and can help prevent infection.

During the 2023 EWMA Conference* (*European Wound Management Association*) we asked a few woundcare specialists about their experience with moisture and wound healing. Let's listen to what the experts have to say.

Moist wound healing vs dry wound healing methods, which is better?

When a wound is kept moist, it creates a favourable environment for the natural healing processes to occur. One of the most significant advantages of a moist wound environment is **faster healing**. A moist environment promotes the growth of new cells and tissue, leading to faster wound closure.

In addition to faster healing, moist wound healing environments also **reduce scarring and pain** during the healing process. Scarring can be a significant concern for many patients, especially those who have wounds in highly visible areas. By keeping the wound moist, patients are less likely to develop unsightly scars. Additionally, a moist wound environment helps reduce pain and discomfort for the patient during the healing process.

Another important advantage of a moist wound environment is that it **helps prevent infection**. Bacteria thrive in dry environments, and a dry wound is more susceptible to infection. Keeping the wound moist creates a barrier that prevents bacteria from entering the wound, reducing the risk of infection.



Moist wound environments also **improve the oxygenation of the wound bed**, which is essential for healing. When a wound is kept moist, it allows for better oxygen flow, which promotes new cell growth and faster healing.

Lastly, a moist wound environment requires **fewer dressing changes**, which can help reduce pain and discomfort for the patient. Traditional dry wound healing methods require frequent dressing changes, which can be painful and disruptive for the patient.

Honey provides a moist environment

L-Mesitran is Medical Grade Honey-based product designed to create a moist wound healing environment.

But how does L-Mesitran actually work? When applied to a wound, the honey in L-Mesitran draws in moisture from the surrounding tissues, creating a moist environment. This helps promote the growth of new skin cells and can speed up the healing process. Additionally, the honey has antimicrobial properties, which can help prevent infection.

One of the benefits of L-Mesitran is that it can be used on a variety of wounds, from minor cuts and scrapes to more serious burns and ulcers. It is also easy to use – simply apply the gel to the wound and cover with a dressing.

Moist environment is what a wound needs in order to heal.

In summary, creating a moist wound healing environment promotes faster healing and prevents infection. Honey included in L-Mesitran helps to keep the wound moist and at the same time promotes the healing.