

How Lithotomy Position Gel Pads Protect Patients from Pressure Injuries

A pressure injury is a formation of a lesion as the result of the pressure on the skin surface is one of the critical problems in healthcare, especially when the surgery takes a long time. Patients who are in fixed positions for long, such as the lithotomy position, are more vulnerable to develop these injuries. And in the case of lithotomy position gel pads are effective in preventing any such harm occasioned by surgery through affording supple support on sensitive areas.

Understanding Lithotomy Position and the Risk of Pressure Injuries

Lithotomy position is used where surgery is to be carried out on the pelvis, lower abdomen or in the reproductive system. In this position the patient lies flat on their back with the legs flexed and separated by placing the feet in stirrups. However, this position is very critical in some operations in that it creates a lot of pressure on certain parts of the human body such as the sacrum, heels as well as the arms. Continued pressure to these regions hinders adequate circulation of blood within these regions hence the likelihood of pressure ulcers.

Pressure ulcers are injuries resulting from pressure placed on the skin and the underlying tissues which inhibits blood circulation. These areas may develop pressure injury if they are not well supported they develop painful ulcers and take a long time to heal.

The Role of Lithotomy Position Gel Pads

[Lithotomy position gel pads](#) used include high quality and efficient materials like silicon gel pads and they act as a cushion to assist the patients in the said position. These pads work to distribute the pressure which is issued on the body of the patient and make sure to offer comfort to the patient all through the surgery occasion.

The patient positioning gel pads are placed in appropriate parts of the body that are more vulnerable to pressure injuries. Because gel pads are lightweight and contours to the shape of the body, it acts as barrier and protection on areas such as the sacrum, heels and elbows which are vulnerable to pressure and friction that leads to skin breakdown. They are bendable, helping them to fit to the shape of the body thus increasing comfort chances of complication during surgeries.

Advantages of Using Silicon Gel Pads in Positioning of Patients

Silicone gel is the most effective material used in the construction of [patient positioning gel pads](#). The silicon gel pads are very hardy, flexible, and have a very soft feel, thus providing good cushioning. Its key characteristics make the material suitable for application specifically in surgically related conditions. Silicon gel pads are lightweight and offer better relief in distribution of stress and contention, which minimizes risk of localized pressure.

Other than the fact that they relieve pressure, silicone gel pads exhibit little or no effect when shear forces are applied. Shear moving the skin over the outer surface creates pressure that leads to injury and redness. Silicon gel pads used in this study can reduce the shear by stabilizing the body of the patient and the surgical surface.

In addition, [silicon gel pads](#) are easy to clean and this is important in order in keeping the operating room sterile. This is because they have a long life span and can therefore be used repeatedly, which charges twofold, that of saving the environment as well as saving cost.

Conclusion

Special attention must be paid to pressure injuries, as they can occur in surgeries, and most often with the use of positions such as lithotomy. This is the reason why the use of lithotomy position gel pads has been established to be an effective way of shielding patients from the possibility of these mishaps. Thus, patient positioning gel pads and the silicon gel pads when applied, help give patients comfort and safety throughout the procedure. These pads produce lesser pressure points to alleviate tissue irritation; produce less friction to reduce tissue trauma; also provide the required amount of cushioning to improve surgical results and decrease postoperative complication rates.