

Seung-Kyu Han

Innovations and Advances in Wound Healing

Second Edition

 Springer

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Preface

The second edition of the *Innovations and Advances in Wound Healing* presents state-of-the-art knowledge on new techniques and materials that can improve functional and aesthetic results in wound healing while reducing invasiveness, based on my extensive personal experience. The aim is to equip the practitioner with all the information required in order to select a strategy that will accelerate wound healing and minimize both the risk of complications and scar formation after the wound has fully healed.

The opening chapters (Chaps. 1 and 2) set the stage by providing an overview of wound healing, including brief descriptions of the anatomy of the skin, the wound healing process, and advanced wound dressings. A full description follows of the various novel methodologies employed in repairing acute wounds with the goal of achieving optimal functional and cosmetic outcomes while utilizing the safest and least invasive method (Chaps. 3, 4, and 5). Treatment protocols that have proven successful in closing nonhealing and/or delayed healing chronic wounds are then presented (Chaps. 6, 7, 8, 9, 10, and 11). The closing chapter (Chap. 12) addresses aesthetic procedures using advanced technology in wound healing.

I would like to emphasize that the common subjects which have already been well dealt with elsewhere are only briefly described in this book. Only those subjects regarding the novel technology for wound healing have been highlighted. Thus, it may be necessary for trainees in the fields of wound healing to discuss these neglected subjects more fully and to collect together those subjects which are of interest. I would also like to point out that the text is supported by 1170 full color photos to assist in a better understanding of the written words.

The contributors to this book are all affiliated with *Korea University Medical Center*. I am grateful to my patients and colleagues in the Department of Plastic Surgery for their direct and indirect contributions. I would like to particularly express my gratitude toward Professors *Woo-Kyung Kim*, *Eun-Sang Dhong*, and *Seong-Ho Jeong*, Research Scientist *Hyup-Woo Lee*, Certified Wound Care Nurse *Ye-Na Lee*, and all Plastic Surgery Fellows and Residents. I wish to extend my appreciation to my wife, *Hee-Yeon*, and my parents. Without their support and encouragement, I could not have completed this book.

It is my hope that this book will provide information on better treatment options in wound healing.

Seoul, Korea
June 4, 2015

Seung-Kyu Han

Contents

1 Basics of Wound Healing	1
Clinical Anatomy of the Skin	1
Epidermis	2
Dermis	5
Subcutaneous Tissue	6
Wound Overview	6
Definition	6
Classification	7
Wound Documentation	7
Wound Healing Process	11
Phases of Wound Healing	15
Conventional Wound Healing Methods	28
Repair vs. Regeneration	28
Types of Wound Healing	28
Skin Graft	29
Flap Coverage	30
Replantation	31
Further Reading	36
2 Interactive Wound Dressings	39
Overview	39
Functions of Wound Dressings	40
Requisite Conditions for Dressing Materials	40
Interactive Dressing Materials	41
Gauze and Impregnated Gauze Dressings	42
Films	42
Hydrogels	43
Foams	43
Hydrocolloids	45
Alginates and Hydrofibers	46
Biologic Dressings	46
Composite Dressings and Adjunctives	51
Silver Dressings	52
Iodine Dressings	54
Dressing Selection	56
Infected Wound	59
Uninfected Wound	60
Further Reading	60

3	Biologic Dermis Graft	63
	Autogenous Dermis Graft	64
	Surgical Technique	65
	Indication	65
	Controlled Clinical Study	66
	Coverage of Deep Wounds on the Face	66
	Advantages and Disadvantages	67
	Allogenic Dermis Graft	70
	Artificial Dermis Graft	71
	Collagen	72
	Hyaluronic Acid	73
	Advantages and Applications	74
	Further Reading	80
4	Tissue-Engineered Dermis Graft	83
	Artificial Dermis vs. Tissue-Engineered Dermis	84
	Animal Study	85
	Fibroblast-Seeded Artificial Dermis	87
	Application Methods	87
	Clinical Study	88
	Adipose-Derived SVF Cell-Seeded Artificial Dermis	91
	Clinical Study	94
	Advantages and Disadvantages	99
	Matrix-Synthesizing Abilities of SVF Cells	102
	Further Reading	105
5	Atypical Island Flaps	107
	Arterial Island Flap	107
	Surgical Technique	108
	Clinical Study	109
	Venous Island Flap	109
	Surgical Technique	111
	Clinical Study	112
	Further Reading	117
6	Management of Chronic Wounds:	
	With Focus on Diabetic Ulcers	119
	Why Is Diabetic Ulcer Focused On?	119
	Why Does Diabetic Ulcer Get into Trouble?	120
	Factors Contributing Delayed Healing	121
	Vascularity	121
	Infection	121
	Pressure	123
	Source of Healing (Cell Function)	126
	Risk Factors for Major Amputation	128
	Management of Ischemia	130
	Diagnosis of Arterial Insufficiency	131
	Macrocirculation vs. Tissue Oxygenation	138
	Treatment of Ischemia	140

Necessity of Collaboration	144
Present and Future.	145
Further Reading	147
7 Infection, Debridement, and Biofilm	151
Diagnosis.	152
Signs and Symptoms	152
Tissue Biopsy	154
Swab Culture	154
Fluid Aspiration	155
Blood Tests	156
Imaging Tests	159
Treatment	161
Antimicrobial Therapy	161
Debridement	163
NPWT	164
Hyperbaric Oxygen, Photodynamic Therapy, and Ultraviolet Light	164
Debridements	164
Autolytic Debridement	164
Enzymatic (Chemical) Debridement	165
Biological Debridement	165
Mechanical Debridement	165
Sharp Debridement.	170
Surgical Debridement.	171
Biofilm	172
Formation of Biofilm	173
Diagnosis	175
Treatment Option	176
Author's Treatment.	177
Further Reading	181
8 Negative-Pressure Wound Therapy	183
Composition of NPWT Device	184
Mechanism of Action	184
Wound Shrinkage or Macrodeformation	184
Microdeformation.	184
Exudate/Fluid Removal	184
Creation of the Favorable Wound Environment.	185
Secondary Effects.	185
Clinical Application	185
Application Method	185
Benefits	186
Indications	186
Contraindications	187
Adverse Effects.	187
Innovation.	187
NPWT in Diabetic Foot Ulcers.	188
Influence of NPWT on Tissue Oxygenation in the Foot	188
NPWT for Diabetic Foot Ulcers.	191
Further Reading	200

9 Growth Factor Therapy	201
Overview	201
Growth Factors and Wound Healing	202
Mechanism of Action	202
Background	203
Evaluation of Cell Activity	204
Commercial Growth Factors	204
PDGF	204
Indication	205
Dosage and Administration	205
Clinical Trial Study	205
Precautions	205
FGF	206
Indication	206
Dosage and Administration	206
Clinical Trial Study	206
Precautions	207
EGF	208
Indication	208
Dosage and Administration	208
Clinical Trial Study	208
Precautions	209
Further Reading	212
10 Cell Therapy	215
Fibroblasts	216
Fresh Fibroblast Autograft	216
Fresh Fibroblast Allograft	218
Keratinocytes	222
Keratinocyte Autograft	222
Keratinocyte Allograft	223
Adipose-Derived SVF Cells	226
Autograft of Adipose-Derived SVF Cells	226
Platelet Concentrate	233
Allograft of Blood Bank Platelet Concentrate	234
Mesenchymal Stem Cells	239
Bone Marrow-Derived MSCs	239
Umbilical Cord Blood-Derived MSCs	241
Limitations	244
Further Reading	244
11 Adjunctive Therapy	249
Nutritional Support	250
Main Nutrients	250
Vitamins	252
Minerals	252
Nutrient Deficits of Chronic Diabetic Ulcer Patients	253

Electrical Stimulation	253
Ultrasound	254
Ultrasonic Surgical Debridement	254
Oxygen Therapy	255
Hyperbaric Oxygen (HBO)	255
Normobaric Oxygen (NBO)	256
Monochromatic Infrared Energy (MIRE)	257
Ultraviolet (UV) Light	258
Pain Scrambler Therapy	258
Action Mechanism	258
Precautions	259
Foot Massager Device	259
Further Reading	260
12 Injectable Tissue-Engineered Soft Tissue	263
Injectable Soft Tissue Using Fibroblasts	266
Basic Research	267
Application Method	270
Clinical Experience	272
Advantages and Attention	272
Injectable Soft Tissue Using Adipose-Derived Cells	274
Stromal Vascular Fraction (SVF) Cells	274
In Vitro-Differentiated Adipocytes	280
Further Reading	286

Abstract

We all experience our fair share of wounds during the course of our lives. We get pricked by thorns, scratched by sharp objects, sunburned at the beach, and scalded by hot water. Accidents can lead to our skin being peeled or sliced off, and many of us may undergo surgical procedures which inevitably result in surgical wounds on our bodies. Selecting an appropriate wound healing strategy is crucial for successful wound healing in that it can minimize the risk of complications, enhance the speed of wound healing, and minimize scar formation after the wound has fully healed. During the past few decades, various technologies have been developed for optimal wound healing. In order to understand new techniques, procedure, and materials in wound healing, medical professionals should have a basic knowledge of wound healing. In this chapter, clinically useful anatomy of the skin, terminology and documentation for wounds, basic wound healing process, and conventional wound healing methods will be briefly described prior to the main topics of this book.

Keywords

Anatomy • Skin • Wound healing

Clinical Anatomy of the Skin

Our skin layer has many crucial functions, but the main role is barrier function, that is, protecting our body from external elements. Unless the wound is properly healed, the integrity of the skin barrier is compromised and allows external germs such as bacteria and viruses to freely invade our body. This can even lead to critical organ damage. Moreover, the skin layer comprises

an important aspect of one's appearance, which of course has a significant influence on one's social life; thus, the skin layer can also be regarded as an important factor of mental health.

Since the skin is such a critical element of both physical and mental health, optimal care must be given to any sustained wounds, so that the damaged skin region is restored to a structure and form similar to the original as quickly as possible for the skin to resume its functions. In order

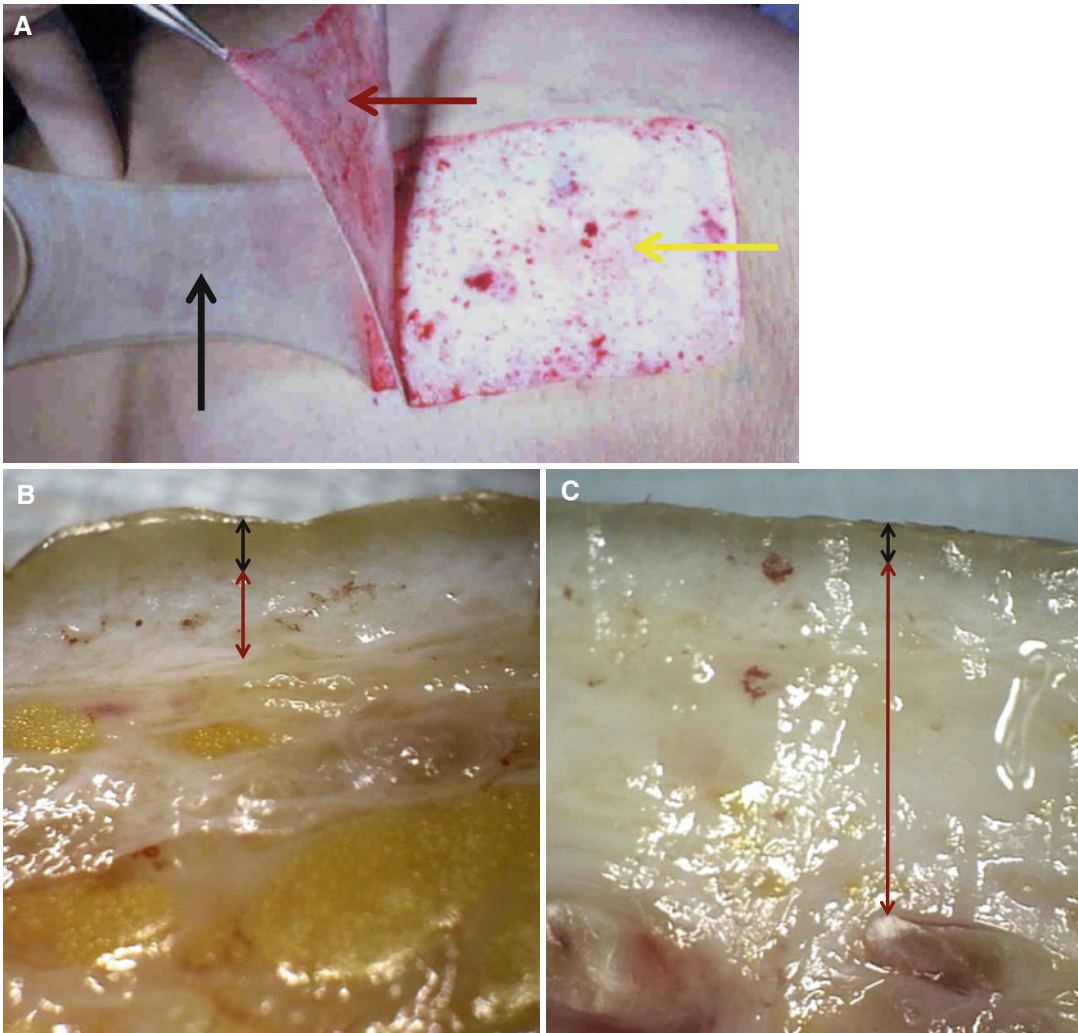


Fig. 1.1 Skin layers. (A) Epidermis (a black arrow), dermis (a red arrow), and hypodermis (a yellow arrow). (B) Epidermis (a black arrow) and dermis (a red arrow)

of the thin skin (hand dorsum). (C) Epidermis (a black arrow) and dermis (a red arrow) of the thick skin (palm skin)

to give such optimal wound care, one must first understand the anatomy of the skin. The skin is the largest organ of the body. It weighs in the range of 2.7–3.6 kg and receives 1/3 of the body's blood volume. The thickness of the skin varies from 0.5 to 6.0 mm. The skin consists of cells and extracellular matrices. There are three layers in the skin. The epidermis is the thin, outer layer of the skin. The dermis is a thicker, inner layer. The subcutaneous fatty tissue (hypodermis) is a layer of loose connective tissue lying beneath the dermis (Fig. 1.1).

Epidermis

The thickness of the epidermis varies in different types of skin. It is the thinnest on the eyelids at 0.05 mm and the thickest on the palms and soles at 1.5 mm. The epidermis is an avascular layer receiving blood supply from the dermis across the semipermeable basement membrane.

Epidermal Layers

The epidermis contains five layers. From bottom to top, the layers are named stratum basale,

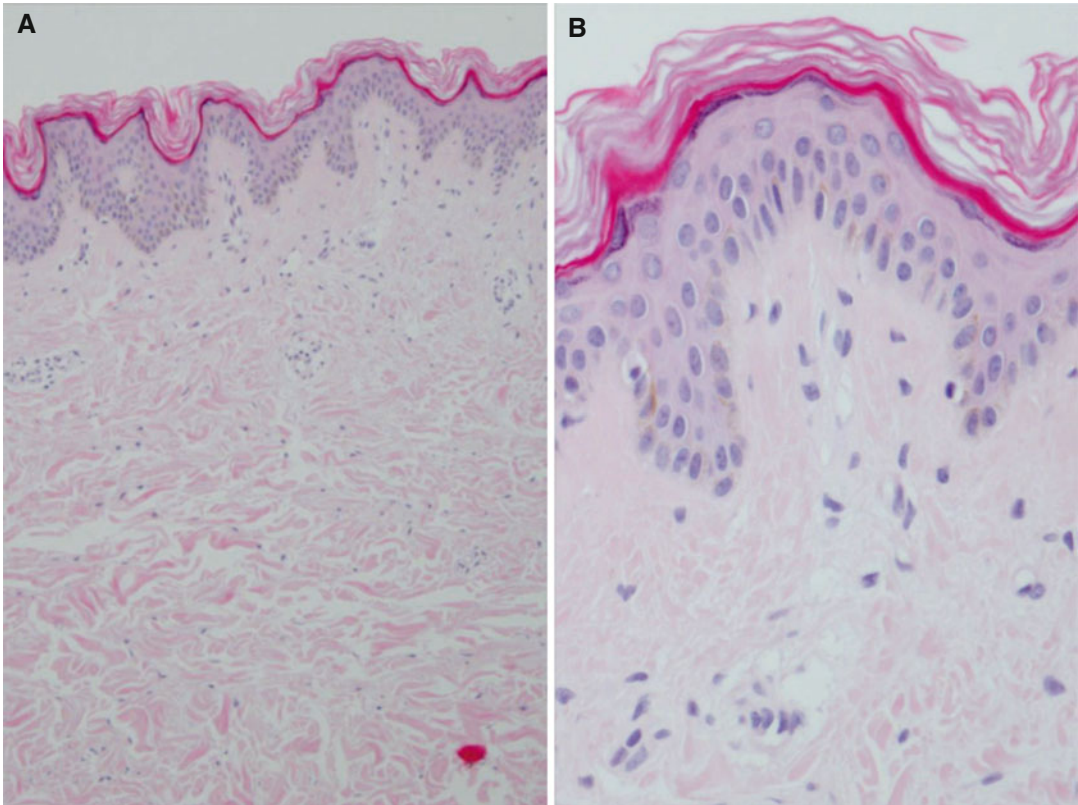


Fig. 1.2 Epidermis of the thigh. The number of epidermal layer is small. (A) $\times 100$. (B) $\times 400$

stratum spinosum, stratum granulosum, stratum lucidum, and stratum corneum. The thickness and layers of the epidermis vary depending on the location of the body (Figs. 1.2 and 1.3).

The stratum basale (basal layer) is the deepest layer with a thickness of a single cell. It is the only layer of the epidermis in which cells undergo mitosis. The stratum basale forms the dermal-epidermal junction (basement membrane zone), which separates the epidermis from the dermis. The stratum spinosum (spinous layer) consists of several rows of more mature keratinocytes, which appear spiny under a microscope. The stratum granulosum (granular layer) contains 3–5 flattened cell rows comprising a higher concentration of keratin. The stratum lucidum (lucid layer) is a thin, clear layer of dead skin cells found in the thick skin such as the palms and soles. The stratum corneum (horny layer) consists of dead cells (corneocytes) and keratin. This layer prevents water evaporation, absorbs water, and easily sheds itself.

Epidermal Cells

The keratinocytes are major cells of the epidermis, making up approximately 90 % of epidermal cells. These cells are responsible for the toughness of the skin. They produce keratin and form the basic component of hair, skin, and nails. Langerhans cells protect the body against infection by attacking and engulfing foreign materials. Melanocytes are responsible for producing melanin (Fig. 1.4). While the number of melanocytes remains the same in individual body regions in all human beings, their activity can vary between different body regions and across individuals. In white and oriental skin, the melanosomes are packed in “aggregates,” but in black skin, they are larger and distributed more evenly. The number of melanosomes in the keratinocytes increases with ultraviolet (UV) radiation exposure, while their distribution remains largely unaffected. Merkel cells are mechanoreceptors that provide information on light touch sensation.