

# WHY should I use my WAFFLE<sup>®</sup> Cushion?

## Your sit bones and tailbone are at high risk for pressure injuries<sup>1</sup>

Pressure injuries (bed sores) can develop when pressure is put on bony areas for long periods of time. This can occur when people with fragile skin are moved in their chair.

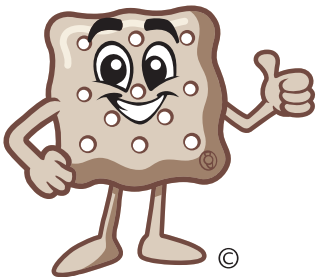
- 2.5 million patients develop pressure injuries each year<sup>2</sup>
- 2 hours is the potential length of time pressure injuries can develop<sup>3</sup>



## The WAFFLE Cushion Protects You

The WAFFLE Cushion helps reduce your risk of pressure injuries and helps improve comfort when sitting.

- Lifts sit bones and tailbone off the surface when properly inflated
- Allows your body to sink into the product, helping increase comfort
- Unique venting holes provide airflow to keep you comfortable



**Quick Tip**  
Your WAFFLE Cushion should only look about

# 60% FULL

 **Continue Your Care With EHOB<sup>™</sup>**  
Find the WAFFLE Overlay and L.A.D. Hand Pump available for purchase at: <https://shop.ehob.com/>



# A Simple Solution For Pressure Injury Prevention



If additional air is needed, insert the top of the hand pump into the valve. Refer to the inflation chart on the side of the pump for recommended number of strokes.



Once the cushion appears about 60% full, check for proper inflation. If you can easily roll one side of the product past the first set of holes, but not to the second, your cushion is ready to use.



To use your cushion, place valve side down, towards the back of the seating surface.



Scan the QR code to view an instructional video or go to: <https://www.ehob.com/products/waffle-seat-cushion/>

## Additional Uses of the WAFFLE® Cushion



Behind the Head



Between the Knees



Under the Elbow



Additional Support for Bony Areas

1.) Salcido R, Lee A, Ahn C, Heel Pressure Ulcers: Purple Heel and Deep Tissue Injury, Clinical Management Extra, Advances in Skin & Wound Care 2011; 24(4); 374-380 2.) "Preventing Pressure Ulcers in Hospitals." AHRQ, U.S. HHS: Agency for Healthcare Research and Quality, 2 Oct. 2014, [www.ahrq.gov/professionals/systems/hospital/pressureulcertoolkit/index.html](http://www.ahrq.gov/professionals/systems/hospital/pressureulcertoolkit/index.html) 3.) Kosiak M, Kubicek WG, Olson M, et al. Evaluation of pressure as a factor in the production of ischial ulcers. Arch Phys Med Rehabil. 1958;39:623-29