

HydroTherapy

“That’s how I got
the healing
process going.”





*“What can
I do to make
sure my
wound heals?”*



Slow-healing wounds can have a variety of causes, including pressure sores. These result when the pressure on the tissue is too high and the cells start to die off after being starved of oxygen and nutrients. The wound that results is painful and has a high risk of infection. HydroTherapy from HARTMANN enables these wounds to heal more quickly.

HydroTherapy consists of just two preparations for the entire healing process:

- 1. HydroClean® plus scleans the wound.**
- 2. HydroTac® closes the wound.**

In addition to treatment with HydroTherapy, there are also things you can do to speed up the healing process or avoid open wounds in the first place. For more tips, please see the following pages.

Step by step to healthier skin.



Good skincare keeps the skin intact. We recommend Menalind® skincare products from HARTMANN.



“My skin needs caring for a lot more than it used to.”

Special visco-elastic foam mattresses help to prevent pressure sores.



“The new mattress means I sleep better and have more peace of mind.”

A healthy diet improves the skin condition and can help to speed up the healing process.



“I now consciously eat more fish and meat. I also drink a lot of orange juice.”

If the skin is red, do the finger test. If the skin does not become paler when you press it, you may have a pressure sore.



“I now make sure I take a good look at my skin every day.”



Washing the hands before changing a dressing reduces the risk of infection.



“To be on the safe side, I now always wash my hands twice.”

Nicotine disrupts the supply of oxygen and nutrients to your wound and slows down the healing process.



“Giving up smoking was hard work but only by doing that was my wound able to heal.”

When lying down, relieve the pressure on as many parts of the body as possible – for example, by using pillows or blankets to support the body.



“I’m much more comfortable lying on pillows that have been plumped up.”

People who are bedridden must be moved regularly.



“I know how important it is to move regularly.”

“With just two preparations, HydroTherapy provides wounds that are slow to heal with everything they need.”



“In the past, people thought that wounds had to be kept dry in order to heal. But now we know that wounds heal more quickly if they are kept moisturised.”

- 1** HydroClean® plus
Faster wound cleaning.



HydroClean® plus cleans the wound.

- 2** HydroTac®
Faster wound closure.



HydroTac® closes the wound.

Cleaning

Healing

“After just under three months, my wound had already closed.”

Healing process of Mr Langer (82), who had a pressure sore.



At the start of therapy, the wound was still open.



The wound had visibly closed in just under 2.5 months.

Start of therapy

Therapy success after 2.5 months