

HydroTherapy

“Lots of little steps took me a long way.”





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



Slow-healing wounds can have a variety of causes, including circulatory disorders, diabetes or injuries. Leg ulcers often result from the decreasing elasticity of the vein walls. This makes venous reflux more difficult so wounds heal more slowly. HydroTherapy from HARTMANN enables these wounds to heal more quickly.

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

- 1. HydroClean® plus cleans 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 legs.



Compression improves the flow of blood back to the heart, which is essential for healing.



“Using compression bandages every day helped me to get better.”

Movement stimulates the circulation, which is necessary in order to heal the wound.



“Just flexing the toes up and down aids the effectiveness of compression therapy.”

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.”

Compression is important but it dries the skin. We recommend Menalind® skincare products from HARTMANN.



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



Good moisture levels in the skin help the wound to heal.



“Having a bottle of water on my desk reminds me to drink plenty of fluids.”

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.”

Food that is rich in protein and vitamins aids the production of new tissue.



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

When the wound is actively healing, you may experience some short-term pain. Ask your doctor about it if you need to.



“If I am experiencing any pain, I just ask my doctor about it.”

“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 22 days, my wound had closed.”

Healing process of Mr Müllner (77), who had venous leg ulcers.



The wound still measured 4 cm at the start of treatment.



The wound closed within around three weeks.

Start of therapy

Therapy success after three weeks