



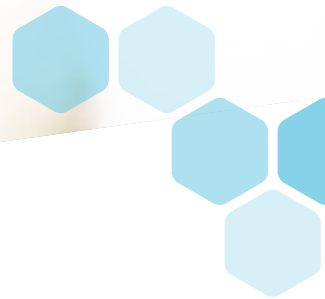
# HydroTherapy

“That’s how the healing process made real progress.”





*“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 calcification of arteries (arteriosclerosis). Because they become narrower, or sometimes even close completely, the blood supply and blood reflux are restricted, which slows down the healing process.

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.



Footbeds or orthopaedic shoes designed for people with diabetes can help prevent pressure points, blisters and pressure ulcers.



*“Before I buy a pair of shoes, I feel the insides to feel for any seams that might irritate my feet.”*

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.”*

Movement stimulates the circulation, which is necessary for healing the wound.



*“Because I don’t go outside so much now, I try to move around more at home.”*

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.”*



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.”*

In the case of arterial leg ulcers, wounds must not be subject to any pressure at all, meaning compression therapy is not permitted.



*“I had no idea that compression stockings were not the right choice for me.”*

*“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<sup>®</sup> plus  
Faster wound cleaning.



HydroClean<sup>®</sup> plus cleans the wound.

**2** HydroTac<sup>®</sup>  
Faster wound closure.



HydroTac<sup>®</sup> closes the wound.

Cleaning

Healing

*“After three months, you could hardly see my wound any more.”*

Healing process of Mr Beck (75), who had an arterial leg ulcer.



The wound, which measured around 6 cm, was still covered with debris at the start of treatment.



After three months, the wound had completely closed.

Start of therapy

Therapy success after 12 weeks