


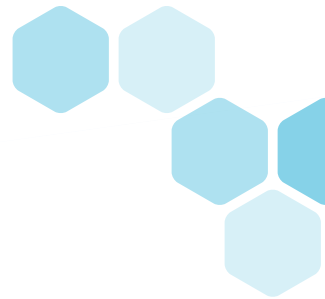
# HydroTherapy

“You can do a lot to deal with it.”





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



Slow-healing wounds can have a variety of causes, including diabetic foot. Years of high blood sugar levels damage the nerves and blood vessels. As a result of this dysfunction, the person no longer experiences pain, pressure or temperature differences. Wounds quickly result, which only heal very slowly as a result of the bad circulation. 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 feet.



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 nutrition is very important, especially for wound healing in diabetics.



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

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



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

Make sure you relieve any pressure on the wound, otherwise it cannot heal.



*“I try to relax my feet as often as possible.”*



In order to identify wounds more quickly, you should inspect and moisturise your feet every day, for example with Menalind® skincare products from HARTMANN.



*“If I don’t go to the chiropodist, I make sure to have a good look at my feet myself.”*

Try to avoid going around barefoot. As a result of damage to the nerves, you may not feel any splinters or minor injuries.



*“By wearing specially designed, soft shoes, I feel a lot more comfortable.”*

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.”*

Washing the hands before changing a dressing reduces the risk of infection. We also recommend additional disinfection with Sterillium®.



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

*“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

*“My wound closed after just ten weeks.”*

Healing process of Mr Kessler (73), who has diabetic foot.



At the start of treatment, the wound on the big toe is still visibly deep.



After ten weeks, the wound had completely closed and was stable enough to bear weight.

Start of therapy

Therapy success after ten weeks