

HidraWear: a new solution for people with hidradenitis suppurativa (HS)

If you suffer from painful leaking lumps and bumps that come and go, you may have Hidradenitis suppurativa (HS).

HS is a chronic inflammatory skin disorder that causes painful secreting nodules and abscesses near the apocrine glands, commonly including the armpits (axilla), groin, buttocks and breasts. It can occur in anyone, but is more common in adult women of working age and in people of African and Afro Caribbean origin. People with HS can often wait for up to seven years before the condition is diagnosed properly.

HS is seen as a debilitating disease because of the impact that signs and symptoms such as pain, discomfort, leaking discharge and itching, have on everyday life. Leaking lumps and bumps can be difficult to manage because of their location. Historically there has been no specific dressing available for people with HS to wear, presenting a number of challenges. Frequent dressing changes may be needed as they are not absorbent enough, while dressings that are sufficiently absorbent may be bulky and uncomfortable to wear. Mobility can be restricted so that dressings don't fall off, since adhesives can't be used on fragile skin.



HidraWear

Fortunately, HidraWear is a wearable wound care system that has been designed, developed and tested by people with HS for people with HS.

The HidraWear garment (available as a woman's top, unisex t-shirt, male shorts or female briefs) is designed to conform to the body and is used in conjunction with HidraWear Hidrasorb Dressings that are secured into place using external fasteners that use Hidrahex Hook and Loop retention technology.

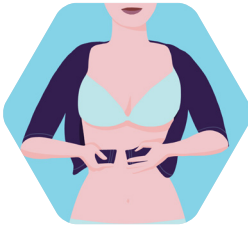
1. Donning Garment* - AX Women's Crop Top



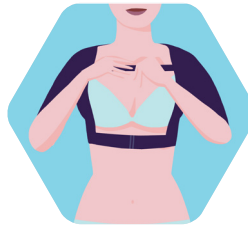
1. Adjust the back strap sliders to desired length



2. Insert arms into arm holes as when donning a jacket

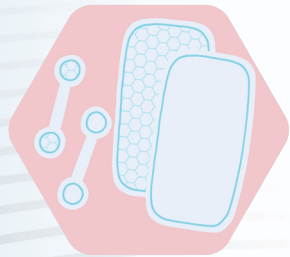


3. Close the garment using the hook and eye fasteners at the front



4. Adjust the straps for a comfortable and snug fit in the armpit area

2. Applying the Dressing



1. The skin facing side of the dressing is smooth, the outwards facing side of the dressing has a hexagonal pattern.



2. Insert the dressing into the garment, over the affected area. Smooth side facing the skin.



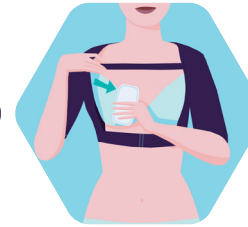
3. Use external fastener to secure the dressing in place by pressing the Velcro tabs onto the dressing through the holes in the garment



3. Making Dressing Changes



1. Gently remove the fastener from outside the garment



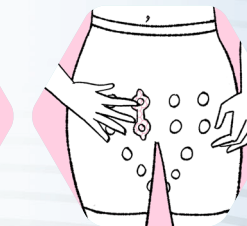
2. Gently remove dressing from the affected area



3. Apply new dressing to affected area, under the garment, smooth side facing the skin



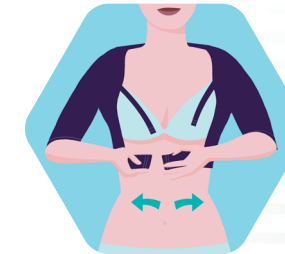
4. Use external fastener to secure the dressing in place by pressing the Velcro tabs onto the dressing through the holes in the garment



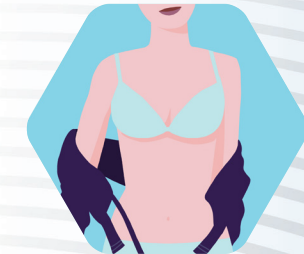
4. Removing the Garment



1. Gently remove the fastener from the outside and then the dressing from the inside of the garment



2. Open the garment by opening the front strap and hook and eye fastener at the front



3. Remove the garment as you would remove a jacket.

***Please note:** Donning for the AX Unisex T-Shirt, BB Womens Briefs and BB Mens Boxers Briefs is like applying your normal clothing. Please pay particular attention that the HidraHex holes are flat and positioned correctly.

Frequently asked questions and answers

The dressings I have used before to manage my HS have been hard to keep in position and have rubbed my skin. Can HidraWear help?

HidraHex Hook & Loop retention technology secures the HidraWear dressing in place through the garment without the use of any adhesives that can irritate and further damage the skin. The seams of the HidraWear garments are on the outside of the garment, to ensure that soft, breathable fabric conforms to the skin to further reduce irritation and allow smooth and frictionless movement.

Sometimes I need to change my dressing and clothes twice a day as my dressings leak through to my clothes which can be embarrassing. Can the Hidrasorb dressing stop this?

Hidrasorb is a soft and conformable wound dressing that can absorb up to 80ml of fluid. This means it can quickly absorb any sudden leakage. The fluid is then locked into the dressing using Super Absorbing Polymer technology so that the dressing remains dry to the touch, improving comfort and facilitating healing. Finally the dressing has a fluid repellent backing that prevents leakage onto clothes and bedding.

How do I ensure that the garment I order is the right size?

Choosing the correct size is extremely important to ensure you gain the maximum benefit from your HidraWear products. Please ensure measurements are taken and cross checked with the sizing table before ordering. Further advice is available via the Daylong Direct website or customer service team **0115 932 0144**.

Is the HidraWear Dressing Retention System available on prescription?

Yes

What do I do with my prescription?

You can take your prescription to your local pharmacy or you can use Daylong Direct, a Dispensing Appliance Contractor (DAC). This simply means that they can also dispense your prescription and send it to you at home, free of charge.

Can I order dressings separately to the HidraWear garment?

Yes, a box of 60 7.5cm x 12.5cm HidraWear Hidrasorb Dressings can be purchased whenever needed. This equates to approximately one month supply for moderately exudating wounds for 1-2 areas/sites. Your garment is guaranteed for 6 months or a total of 90 washes, and it is recommended that you have two garments; one to wear and one to wash.

Please contact our friendly customer care team on: **0115 932 0144**