

Speedy recovery thanks to HILOTHERAPY®

The HILOTHERAPY® system

Information for  
HILOTHERAPY® patients

One really can say 'the longer, the shorter!'

It's true that this sounds illogical but, all in all, HILOTHERAPY® considerably shortens the recovery period in comparison to traditional methods.

You'll start to feel better faster because HILOTHERAPY® is a gentle therapy which does not use aggressive coolants.

HILOTHERAPY® effectively facilitates the auto therapeutic processes. You can further optimise this process by just taking the time and not interrupting the therapy phase, be this straight after an outpatient operation or for a longer period during a hospital stay.

You will learn to appreciate the efficiency of the HILOTHERAPY® system very quickly, particularly if you compare your healing process with those of other patients who have either chosen not to undertake the therapy or have had to go without.

**We wish you all the best and a speedy recovery with HILOTHERAPY®!**



The constant effective temperature is guaranteed by HILOTHERM®, a high quality, isothermal therapy instrument with anatomically-formed cuffs for the different parts of the body. The system provides a constant flow of water, exactly tempered to the degree, through powerful capillaries within the cuffs.

**HILOTHERM®**  
helping you heal



**Dear patient,**

Your doctor is using the new, modern HILOTHERAPY® instead of the traditional cold applications so that you can recover as quickly as possible.

You can find out more on the following pages or ask your doctor for more information.

## The consequences of operations and injuries

### *Operations and injuries mostly lead to*

- heavy bleeding
- massive swelling
- severe pain

### *The consequences are*

- high painkiller dosage
- fever and generally feeling unwell
- delayed wound healing
- restricted functions
- reduced quality of life

### *Traditional methods and their disadvantages*

In general, aggressive coolants are used which, at temperatures of around 0°C, have very decisive therapeutic disadvantages:

- skin and tissue can 'burn'
- they can lead to nerve paralysis
- they always lead to a reactive hyperaemia
- the body's own self-healing powers are disturbed

## The colder, the more damaging! What you need to know about the negative effects of the cold

### *Below 15°C*

- the lymphatic drainage system is disturbed, i.e. the decay produced by the damaged tissue can no longer be evacuated

### *Below 10°C*

- the proprioception is disturbed. Proprioceptors are sensors which inform us about the strength input, movement and the position of joint surfaces in relation to each other. If these are impaired there is the danger of more far-reaching injuries(!)
- the healing connective tissue cells are no longer formed (Fibroplastin)
- the cell metabolism no longer functions

### *Below 5°C*

- the nerves no longer conduct impulses and there is the danger of paralysis and skin burns

### *A medical rule-of-thumb:*

Do not provoke tissue temperatures of below 15°C!  
This is precisely the reason why your doctor is using HILOTHERAPY®.

## What does therapeutic cooling achieve?

### *The unique HILOTHERAPY® functions isothermally and with constant temperatures it*

- reduces bleeding and swelling
- reduces pain and the need for pain reducing medication
- supports the body's own self-healing powers
- is tolerable long-term  
*and makes it possible to ascertain the appropriate temperature of your personal cold sensitivity*

### *How long does a HILOTHERAPY® application take?*

Please take enough time for your faster recovery.  
At least 120 minutes of HILOTHERAPY® treatments are necessary if an out-patient operation involving local anaesthesia has been undertaken. After serious operations, it is useful to cool for up to 3 days.

### **The basic rule is: the longer, the better!**

The length of application depends upon the type of prior treatment.

Please consult your doctor.