



Treating your diabetic foot ulcer with Xelma®

A completely new approach to healing.

Your questions answered



What is a diabetic foot ulcer?

An ulcer is a medical term for a wound that is difficult to heal. Diabetes can cause foot deformity, reduce the blood supply and damage the nerve supply to the feet. This can increase the risk of foot ulcers. Foot ulcers can take weeks or months to heal, and can become infected, if not treated properly.

What is Xelma?

Xelma is a new way of treating diabetic foot ulcers that are not healing as expected, sometimes referred to as 'hard-to-heal'. Xelma is a solution which contains natural proteins. When these proteins are applied to an ulcer that is difficult to heal, they help to restore the body's own healing processes.



How does Xelma work?

Xelma is a solution containing natural proteins that support the body's own healing processes. Diabetic foot ulcers that are hard to heal often lack essential components that support healing, including proteins for new cells to attach to. When Xelma is applied to the ulcer it temporarily replaces the damaged proteins and this will then start the healing process.

Is Xelma suitable for my wound?

Xelma is suitable for hard-to-heal diabetic foot ulcers that are being managed with normal practice e.g. debridement*, the application of wound dressings and pressure relief.

What differences will I notice with Xelma treatment?

The first difference, of course, will be the application of Xelma. If needed, your podiatrist, nurse or doctor will first debride your foot ulcer. They will then measure the ulcer to establish the amount of Xelma that it will need.

* Debridement is a term used to describe the removal of hard skin, or dead or infected tissue.

Xelma is applied over the surface of your ulcer. To make this application easy, Xelma comes ready prepared in a special syringe with a soft applicator. Your podiatrist, nurse or doctor will then carefully apply a thin even layer of Xelma over the whole area of your ulcer. Application of Xelma only takes a couple of minutes.

The ulcer will then be covered over with a dressing to absorb any fluid coming from your ulcer and to protect it. It is important to continue to wear your pressure-relieving device (insole, cast, adapted shoe etc). Pressure relief is an important part of your treatment plan. Any pressure exerted on your ulcer either from footwear or walking will slow down the healing process.

Xelma will be applied once a week. Dressings may be changed between Xelma applications without affecting the initial application. The rate at which wounds respond to Xelma varies. Your podiatrist, nurse or doctor will assess how your ulcer is responding during the course of the treatment and discuss whether or not to continue, depending on the ulcer's progress.



What else can I do to help my ulcer heal?

Do's and Don'ts

- Do keep your blood glucose levels well controlled.
This is very important to help healing take place
- Do use any special footwear / insoles you have been provided with
- Do rest your foot as much as possible, keeping your legs elevated
- Do give up smoking – ask your doctor, nurse or podiatrist for advice
- Do keep your dressing in place and keep it dry.
If you have problems with your dressing, contact your podiatrist, nurse or doctor
- Don't sit or stand in one position for a long time
- Don't sit too close to the fire or heater

Remember ...

If you notice any change to your foot, such as:

- Swelling
- Redness
- Malodour
- Increase in pain
- If you develop hot or cold sweats or flu-like symptoms

... contact your podiatrist, nurse or doctor immediately as these symptoms may suggest that an infection is present.

Some frequently asked questions

Why do I need Xelma?

You need Xelma because you have a hard-to-heal diabetic foot ulcer which has not responded to standard treatment.

What does Xelma contain?

Xelma contains natural proteins called amelogenins, water and a small amount of a thickening agent, propylene glycol alginate.

How soon will I see a difference with Xelma treatment?

If your ulcer is hard-to-heal, it may take a little time for it to improve. Many people see the first initial change in their ulcer within the first 3 - 4 weeks of Xelma treatment. This could take longer depending on the status of the ulcer. It is important that Xelma treatment is not stopped at the first sign of improvement but is continued until the healing process is progressing well.



How long should Xelma treatment be used?

Xelma is intended to be used for a long enough period to allow the body's own healing mechanisms to be restored and continue the healing process. The treatment times are individual and dependent on the wound status.

Will Xelma treatment cause pain?

Xelma is applied to the wound surface with a soft applicator and is painless. In clinical trials reduction in overall wound pain during treatment with Xelma has been shown.



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