

Treating your leg ulcer with Xelma®

■ A completely new approach to healing



Your questions answered

What is Xelma?

Xelma is a new way of treating leg ulcers that are not healing as expected, sometimes referred to as 'hard to heal' ulcers. 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.

Is Xelma suitable for my wound?

Xelma is suitable for treating leg ulcers that are being treated with compression bandages but are proving 'hard to heal'.

**Your
questions
answered**



How does Xelma work?

Xelma is a solution containing natural proteins that support the body's own healing processes. Leg 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 restores the damaged proteins and this will then start the healing process.



What differences will I notice with Xelma treatment?

The first difference, of course, will be the application of Xelma.

Your nurse or doctor will first clean your leg ulcer and then measure its area to establish the amount of Xelma that it will need.

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 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. When appropriate, your compression bandages will then also be applied.

For venous leg ulcers compression should always be applied. Remember that compression treatment is essential during the Xelma treatment.

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. In clinical trials patients have been treated for 12 weeks.

Your nurse or doctor will assess how your ulcer is responding after 6 weeks and discuss whether or not to continue, depending on the ulcer's progress.



What causes venous leg ulcers?

Venous ulcers are formed when blood is not returned efficiently to the heart from the legs. This leads to pooling of blood in the lower leg and swelling. This in turn causes changes in the skin, which may eventually lead to skin breakdown and the development of an ulcer.

Compression bandaging

Venous leg ulcers are common particularly in older people. The most important part of the treatment is for compression bandages to be applied correctly. Compression bandages aim to encourage a better return of the blood in the leg veins. This gives the best chance for the ulcer to heal.



What else can I do to help my ulcer heal?

The most important things you can do to help your ulcer heal are those that will improve the return of blood to your heart.

Exercise is very valuable. Try to take a walk every day if you can. When you walk, the muscles in your calves help pump the blood back up your legs, and stop it pooling. Even if you can't walk very far, try to exercise your legs while you are sitting. Your nurse will be able to suggest some suitable exercises.

When sitting **do not cross your legs.**

Do not stay immobile for long periods, especially if you are standing.

When you are resting, try to **raise your feet higher than your heart.**

Eat a **balanced diet** and **watch your weight** – if you are overweight it makes pumping the blood back up much harder.

Some frequently asked questions

Why do I need Xelma?

You need Xelma because you have a 'hard to heal' ulcer. This may be because it is large, because you have had it for a long time or because it has not responded to normal 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?

Remember that 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. Remember it is important not to stop the Xelma treatment at the first sign of improvement but to continue 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. It is not necessary to use Xelma until the ulcer has completely healed, provided healing of your ulcer can be maintained by compression bandages alone.

Will Xelma treatment make my ulcer less painful?

With Xelma treatment patients have reported significant improvement in overall wound pain during the Xelma treatment.

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