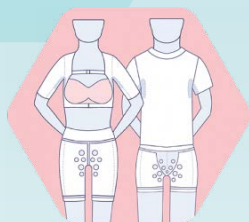


Hidradenitis Suppurativa (HS)

Your Health Care Professional has diagnosed you with Hidradenitis Suppurativa (HS).

HS is a long-term inflammatory skin condition that results in painful leaky nodules and abscesses, which form primarily in the armpits, groin, buttocks and breast area. Leaky lumps and bumps can be difficult to manage, especially in the locations associated with HS wounds, that's why your Health Care Professional has prescribed you HidraWear.

HidraWear is the world's first and only Hidradenitis Suppurativa (HS) specific dressing retention system. The system is made up of two parts:



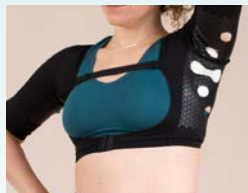
**HidraWear discreet,
breathable baselayer**



**HidraWear Dressings with
Securelock™ Technology**

The HidraWear dressing retention system holds the dressing in position, without the need for it to be adhesively attached to your skin, resulting in quicker, less painful dressing changes, no leakage and more freedom to move¹.

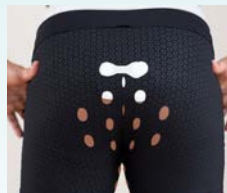
There are four baselayer options, in a variety of sizes. Your Health Care Professional can prescribe you two of each needed, one for wash and one for wear. You can then request more every 6 months, or sooner if required.



**Women's
Crop Top**



**Unisex
T-shirt**



**Men's
Boxer Briefs**



**Women's
Briefs**

It is important that you also have the HidraWear Dressings, to complete the wound dressing system. There are two dressing options available, HidraWear Foam Dressings for lower levels of leakage and HidraWear Superabsorbent Dressings for higher levels of leakage. You can be prescribed both types so that you have the right dressing available as your leakage levels increase or decrease.

1. Moloney, S., Fitzgerald, D., Roshan, D. and Gethin, G. (2022) Impact of hidradenitis suppurativa-specific wound dressing system on patient quality of life and dressing related pain. *J Wound Care*, 31(11) 898–906.

1 Firstly put on the HidraWear Baselayer, like you would normal clothing

Here's guidance specifically for the Women's Crop Top as it is different to a standard crop top.



1. Adjust the back straps to desired length



2. Insert arms into arm holes, like you would if putting on a jacket



3. Using the hook and eye fasteners at the front close the baselayer



4. The top strap can be removed, or adjusted, to ensure a comfortable and snug fit in the armpit area

Once the HidraWear Baselayer is on ensure that the HidraHex holes are flat and positioned correctly.

3 Making Dressing Changes



1. Gently remove the fastener from outside the baselayer



2. Gently remove dressing from the affected area



3. Apply new dressing to affected area, under the baselayer, 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 HidraHex holes in the baselayer

2 Applying the HidraWear Dressings with Securelock™ Technology



Insert the dressing into the baselayer, with the smooth side facing the skin, over the affected area.



Use the external fastener to secure the dressing in place by pressing the Velcro tabs onto the dressing through the HidraHex holes in the baselayer. Tuck the end of the tab into the HidraHex hole to prevent the tab catching on clothing.



4 Removing the Baselayer



For the Women's Crop Top, once the dressing has been removed open the baselayer at the front by unhooking the hook and eye fastener, then remove the Women's Crop Top like you would remove a jacket.

Frequently asked questions & answers

How can I get hold of HidraWear?

HidraWear is available on prescription. Contact **Bullen Healthcare** on **0800 0315401** or **Sangers - Belfast** if you live in Northern Ireland on **02895 924 050**, to arrange the free home delivery of your HidraWear items. Alternatively, HidraWear can be dispensed through your local pharmacy.

What are HidraWear Baselayers made of?

They are made of a super soft MicroModal material, ensuring comfort and breathability.

Why are the seams on the outside?

The outward facing seams ensure freedom of movement without irritation.

Is the hexagon print just for design?

No, the hexagon print is specially designed to minimise leaks and strikethrough, whilst remaining fully breathable.

Can I use other dressings under the baselayer?

The HidraWear Baselayer, together with the HidraWear Dressings, form the solution for managing HS wounds and difficult to dress wounds. The effectiveness of any other combination can not be guaranteed.

How do I know that my HidraWear Baselayer is the right size?

The HidraWear Baselayer sizes are different to standard clothes sizes. Your Health Care Professional will measure you and use their HidraWear measuring guide to ensure that your HidraWear Baselayer fits you as intended. It should be snug to your body. Your prescriber may prescribe one baselayer in the first instance, to make sure fit and usability suits you. Once this has been confirmed the ordering of a second baselayer is recommended, so that you have one for wash and one for wear.

How do I know which HidraWear Dressing to use?

The HidraWear Foam Dressing is suitable for low to moderate levels of leakage whilst the HidraWear Superabsorbent Dressing is for moderate to high levels of leakage. Use whichever one is the most appropriate for you, stepping up and down as necessary. You can change your dressings as frequently as you feel is best.

Where can I find out more information on HidraWear?

Please scan the QR code below.

Where can I find out more about Hidradentis Suppurativa?

Information and patient support groups can be found online, but we always recommend asking your Health Care Professional first.

