

# ALHYDRAN<sup>®</sup>, a new option in the treatment of hypostatic eczema

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## Introduction

Hypostatic eczema is the result of an existing chronic venous insufficiency. Patients may experience redness, crusts, pain, flaking and itching. As treatment, compression therapy and indifferent ointments and crèmes are used, often together with the application of topical corticosteroids.

## The aims

In this case series the effect of a strong hydrating cream ALHYDRAN<sup>®</sup> (>45% Aloë Vera gel) was explored. By applying ALHYDRAN<sup>®</sup> it is expected that the patient's skin will become better hydrated and that further water loss is prevented. Subsequently, the topical use of corticosteroids might be less necessary.

## Methods

Patients attending an outpatient wound clinic and suffering from moderate hypostatic eczema (maximum Three-Item-Severity (TIS) score < 3) were included. They all used compression therapy.

ALHYDRAN<sup>®</sup> was applied at least twice a day and its use was clinically assessed for a maximum of 4 consecutive weeks. Next to the registration of patient characteristics and capturing the clinical details of the skin lesion in weekly pictures, a tool to assess the professionals' experience with the treatment was used.

## Results

In total 18 patients, 10 men and 8 females, were included with a mean of 69.8 years. In 17 patients professionals evaluated the overall treatment effect of ALHYDRAN<sup>®</sup> as positive. With regard to their 'night rest', 'social participation' or 'mood', 16 patients had no complaints at the start of the application. During application the night rest and social participation of 2 patients greatly improved.

Evaluation of the effectivity and feasibility of applying ALHYDRAN<sup>®</sup> professionally scored respectively 6.75 and 7.5 on a scale of 10. Only 1 patient showed a much more scaly skin after one week of use and in this patient precautionally the ALHYDRAN<sup>®</sup> was stopped.

## Conclusion

Applying ALHYDRAN<sup>®</sup> in patients having an itchy, scaly and dry skin because of underlying chronic venous insufficiency, may decrease the (often undesired) topical use of corticosteroids.



# ALHYDRAN

medical after care  
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