



For Surgeons

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At the Northern Ireland Regional Maxillofacial Service we have been using Hilotherapy for our patients since January 2010. We have found it to be very effective in reducing pain and swelling in our osteotomy patients. The nursing staff feel it has led to a significant improvement in the quality of the post-operative care they are able to provide.
Peter Ramsay-Baggs

There is good evidence that this technology has been effective in reducing bruising and swelling after major facial surgery. Results from using it for facelifts have been very encouraging.

Norman Waterhouse

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Hilotherapy allows your patients' to receive constant-flow cooling therapy to recover from a wide range of surgeries. The therapy is enabled through the use of two types of [Hilotherapy devices](#) and a range of [cuffs](#).

Why use Hilotherapy?

The application of ice as a way of cooling injured areas of the body to relieve pain and reduce swelling can be traced back for well over a century. Surprisingly for such a widely accepted practice the evidence that this is of any benefit is sparse. Ice packs are still used following many types of surgery.

The positive effects of cooling are:

- Reduces swelling and bleeding
- Reduces the metabolic rate of injured tissue
- Decreases the activity of pain receptors

Negative effects:

- Below 15 degrees - disturbance of lymphatic drainage
- Below 10 degrees - disruption of the microcirculation & fibroblast activity
- Below 5 degrees - disruption of nerve function - ischaemic damage to tissues

Taking this into account, cooling of tissues to below 22 degrees, but above 15 degrees should give a reduction in pain and swelling for an injured area whilst reducing the negative effects of very low temperatures

How does Hilotherapy help?

The hilotherm machine is designed to apply the positive effects of cooling, without the negative, by circulating cold water at between 20 and 15 degrees in a cuff or mask to the injured area.

Traditional methods:



- No temperature control
- Restricts natural healing processes
- Too cold, uncomfortable and not hygienic
- Only short-term applications possible

Hilotherapy approach:



- Precise temperature control
- Range of anatomically fitted cuffs
- Constant therapy possible up-to 48hrs
- Proven to be the most effective way to reduce swelling, pain and bruising



Simple and convenient.

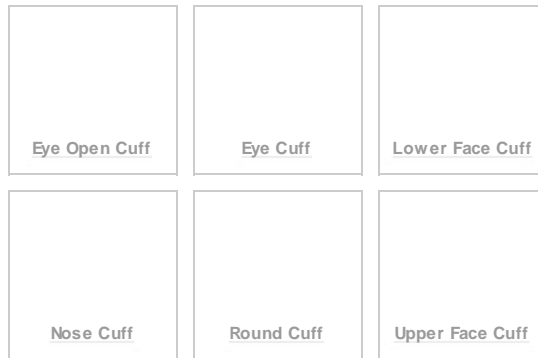
Hilotherapy is very easy to apply. You simply attach the correct cuff to the recovery zone, select the optimal temperature on the Hilotherapy System and click start. The system circulates cool water through the cuffs. If you need to temporarily stop using the system, simply detach the cuff from the tubes (connected to the machine). Reconnect by simply reattaching the cuff and continue your cool recovery therapy.

Results show face and mouth-surgery patients who are given the treatment have their hospital stays halved, which doctors say is 'remarkable'.

Mail on Sunday ([read full article](#))

A cuff for every occasion:

Hilotherapy offers a wide range of cuffs to support most types of recovery needs, below you can a selection of our cuffs:



WILSON