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New therapy cuts time in hospital

A NEW healing technology adopted by injured *Strictly Come Dancing* contestant Jade Johnson has already proven to reduce hospital stays by half for post-surgery patients.

Hilotherapy, which circulates cool water through adaptable cuffs that fit most parts of the body and face, reduces swelling and pain.

Unlike ice or gel packs, it avoids the risk of nerve or tissue damage through controlled temperatures.

It is being trialled by the NHS and has been adopted by heavyweight boxing champion David Haye.

The revolutionary therapy is being trialled on 100 patients who have undergone maxillofacial surgery [to correct injuries and defects in the head, neck, face and jaws] at the Ulster Hospital by surgeon Peter Ramsay-Baggs.

Preliminary results on 30 cases have demonstrated a reduction in hospital stay by 50 per cent.

Adele Christy (28), from Omagh, who had surgery to realign her over-bite, said: "I was really impressed that only 24 hours after my operation I was able to speak clearly, as the pain and swelling had gone down so considerably."

