

## **How should you care for your skin?**

- ◆ Wash with mild soap and warm water
- ◆ Apply moisturizers to prevent dryness
- ◆ Use electric razor to shave legs
- ◆ Do not put anything into an open wound that is not prescribed by your physician

## **Don't Forget...**

- ◆ An ischemic ulcer limits the blood supply to your lower legs. Excess cold, smoking and high blood pressure also contribute to decreased blood supply to the lower legs
- ◆ Do not use heating pads
- ◆ Inspect your lower legs and feet daily



- ◆ Leave shoes/slippers next to your bed so that you don't walk barefoot
- ◆ Wear shoes/boots that will protect your feet from the cold
- ◆ Protect your legs from injury



**You should also call the Wound Center Staff if any of these sudden changes occur:**

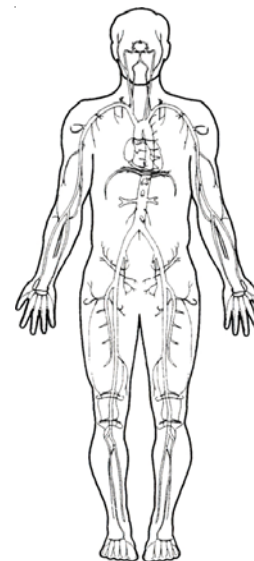
- ◆ Numbness
- ◆ Loss of movement
- ◆ Change in color of lower legs
- ◆ Increased pain at the ulcer site

*(If any of these occur **AFTER** clinic hours, go to an Urgent Care Center or Emergency Room nearest to you)*

*This booklet is not intended as a substitute for professional medical care.*

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# **Ischemic Ulcer**



## **Center for Wound Healing and Hyperbaric Medicine**

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## Ischemic Ulcer:

A wound caused by inadequate blood supply to the skin and surrounding tissue that causes death to the cells

### **Ischemic Disease causes:**

- ◆ Pain in the lower leg while walking that is relieved by rest
- ◆ Pain in the lower leg when lying in bed
- ◆ Loss of hair on the leg and foot
- ◆ Thickening of toenails, blackening of toes
- ◆ Cold feet

### **Causes:**

- ◆ History of high blood pressure
- ◆ History of diabetes
- ◆ History of arteriosclerosis (*hardening of the arteries*)
- ◆ History of smoking
- ◆ Raynaud's disease

### **Help from the Wound Center:**

- ◆ Trained professionals to care for your wound
- ◆ Complete wound evaluation
- ◆ Diagnostic testing

- ◆ A treatment plan made for you
- ◆ Education on wound treatment and prevention of new wounds

### **Your first center visit:**

- ◆ History and physical
- ◆ Testing for feeling, blood flow and oxygen supply to the feet
- ◆ Examination of the wound
- ◆ Possible removal of dead tissue
- ◆ Education on how to care for your wound at home
- ◆ Further testing if needed

### **Follow up visits:**

- ◆ Reexamination of your wound
- ◆ Review of test results
- ◆ Removal of dead tissue
- ◆ Continuing education

### **How can you help?**

- ◆ DON'T Smoke
- ◆ Exercise as directed by your physician



- ◆ Follow the diet prescribed by your physician
- ◆ Eat well-balanced, low fat meals
- ◆ Take your medications as prescribed



### **You should call the Wound Center staff if you experience:**

- ◆ Increased pain around the wound
- ◆ New redness, blisters, or sores on either foot
- ◆ Redness or swelling around or spreading away from the wound
- ◆ Foul odor coming from the wound
- ◆ Any change in color or amount of drainage from the wound
- ◆ Fever or chills
- ◆ Nausea or vomiting