

## How YOU can prevent ulcers:

### 1. GOOD SKIN CARE

- \* Wash with mild soap and warm water.
- \* Apply moisturizers to prevent dryness.
- \* Shave only with an electric razor.

- Put on your stockings before getting out of bed. (They are easier to put on before legs swell)
- Wear stockings all day.
- Replace compression stockings every 3 months or if they tear or run.
- Protect your legs from injury.
- Avoid exposing your legs to the sun.
- Avoid soaking in hot water which can cause fluid retention.



## Remember ...

- Wear your support stockings.
- Replace support stockings every 3 months to ensure adequate compression.
- Ulcer support stockings must be purchased at medical supply stores. "Support Stockings" sold in grocery stores and department stores do not provide enough compression to prevent ulcer formation. TED hose do not provide adequate compression.
- Putting your feet up on a chair or a coffee table is not high enough to allow the fluid to drain from your legs. Your legs must be higher than your heart.
- Place pillows under your legs while sleeping to encourage fluid to drain from your legs.
- Call Wound Center for any problems or questions.

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



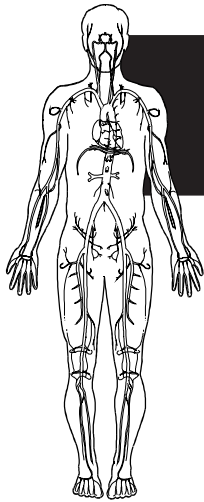
## Venous Stasis Ulcers

### Center for Wound Healing and Hyperbaric Medicine

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**Venous Stasis Ulcer . . .** A wound which occurs between the ankle and calf that is caused by the failure of the veins to pump blood back to the heart normally.

### **Venous Stasis Disease**

Is caused by damaged veins in the legs which allow fluid to pool in the lower leg. This causes the leg to swell and the skin to stretch like an oversized

balloon. The skin will break open and a wound will form. Changes in skin color and texture may result.

### **Causes of damaged veins?**

- Injury to the veins from trauma, blood clots or broken bones
- Inherited weakness in the veins
- Obesity, pregnancy, or prolonged standing

### **The Wound Center provides help through:**

- Trained health care professionals to care for your wound
- Complete wound evaluation
- Diagnostic testing
- A treatment plan made for you
- Education re: treatment of the wound
- Education to help prevent new wounds

### **Your first visit to the Wound Center**

- 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
- A compression wrap may be applied

### **Follow up visits**

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

### **How should I care for my ulcer?**

If you have an Unna Boot or multilayer compression dressing it will be changed by the staff at the Wound Center.



**Call the Wound Center if you experience any of the following:**

1. Increased pain at the wound site
2. Redness or swelling around or spreading away from the wound
3. Foul odor from the wound
4. Change in color or amount of drainage from the wound
5. Fever and chills
6. Nausea or vomiting
7. If you have a compression wrap, tingling in your toes or increased pain in your leg

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

- Exercise as directed
- Elevate your legs higher than your heart several times a day for 20 minute intervals or use your compression device as instructed
- Wear your support stockings all day every day
- Eat a well balanced diet
- Maintain normal range weight
- Avoid prolonged standing and sitting for long periods; walk around for a few minutes every hour
- **Do not remove your compression wrap**