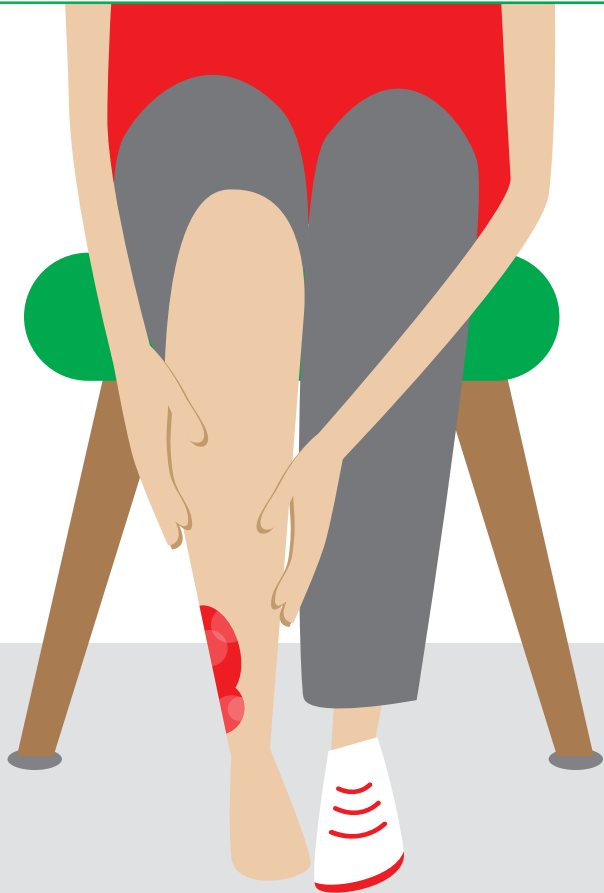


My Leg Ulcer Treatment Plan



This treatment plan is designed to keep a record of your leg ulcer treatment. Please bring it with you to all appointments

Leg ulcer Treatment plan issue date

My details

Name

Address

Date of birth

Allergies

Healthcare professional details

Name

Contact number

Out of hours contact number

Hospital consultant name

GP name and contact

Appointment dates

1.

2.

3.

4.

5.

Wound Information

Wound size

Wound appearance

Wound location

Doppler results

Dressings and application instructions

Compression and application instructions

Washing Your Legs

Skin care is extremely important in helping your wounds to heal. It is essential that your leg is washed at each dressing change. To aid the healing process please will you wash your leg as regularly as possible.



Remove your leg ulcer hosiery kit/ReadyWrap®, to enable you to wash your leg.

Either get in a shower or use a bowl of warm water to wash your leg

Use your prescribed moisturising cream as a soap substitute to wash your leg including cleaning the broken skin. Apply cream to the whole of your leg then wash in a downwards motion to clean off any dry skin and wound discharge

Rinse off the cream, using the warm water or the shower

Dry your leg with a clean towel with a patting motion.

Cover any wounds with a clean dressing supplied by the nurses

Re-apply your leg ulcer hosiery kit/ReadyWrap®

Signs of deterioration

People with a venous ulcer or venous insufficiency are at risk of developing an infection due to the break in the skin and the potential for fluid to build up in the leg.

The following are signs of infection:

- Feeling generally unwell
- Increased pain
- Increased heat
- Increased redness
- Increased swelling
- Increased fluid leaking from the wound

If you have any concerns contact us on the communications number 01226 644575
Monday - Sunday including bank holidays 8.45 - 16.46.

Once healed, what's next?

Once your leg ulcer has healed your clinician will recommend a programme of self care that incorporates skin care, daily exercise and movement and compression therapy.

My skin care routine is:

My exercise advice is:

The compression therapy I am prescribed to prevent the ulcer coming back is:

Activa® Hosiery (if there was no swelling on presentation)

Size and style

ActiLymph® Hosiery (if there was swelling on presentation)

Size and style

Other (please indicate)

It is important that you attend appointments for your legs to be regularly reassessed and to ensure that your compression is still the best option for you.

What is venous disease?

Blood has to flow from our feet and legs towards our heart through our veins. As the blood flow works against gravity, blood can sometimes pool in the lower legs and feet. This pooling increases the pressure in the veins which can cause damage, resulting in venous disease.

Who is at risk of venous disease and vein problems?

- The risk of venous disease increases with age as damage to the veins worsens over time
- A recent study suggests pregnancy increases the odds of developing varicose veins by 82%
- Being overweight or having a large waist circumference increases the risk of venous disease
- If you stand for long periods due to work or a hobby this can increase your risk of developing venous disease
- Sitting for a long time without moving around can increase the risk of leg problems. This includes sitting at a desk for long-periods of time
- Smoking causes damage to blood vessels which can result in venous disease

Venous leg ulcer (VLU)

A VLU is a wound between the knee and the ankle joint that is slow to heal due to venous disease that has been present for 2-weeks or longer (NICE 2013, Wounds UK 2016).

Your Assessment

A full assessment will be carried out to diagnose a venous leg ulcer. Other causes will need to be ruled out to ensure that you receive the most appropriate treatment.

The assessment will include a simple test to make sure that there are no problems with your arteries, to ensure that compression therapy is appropriate.



