



Living with a leg ulcer

What is a leg ulcer?

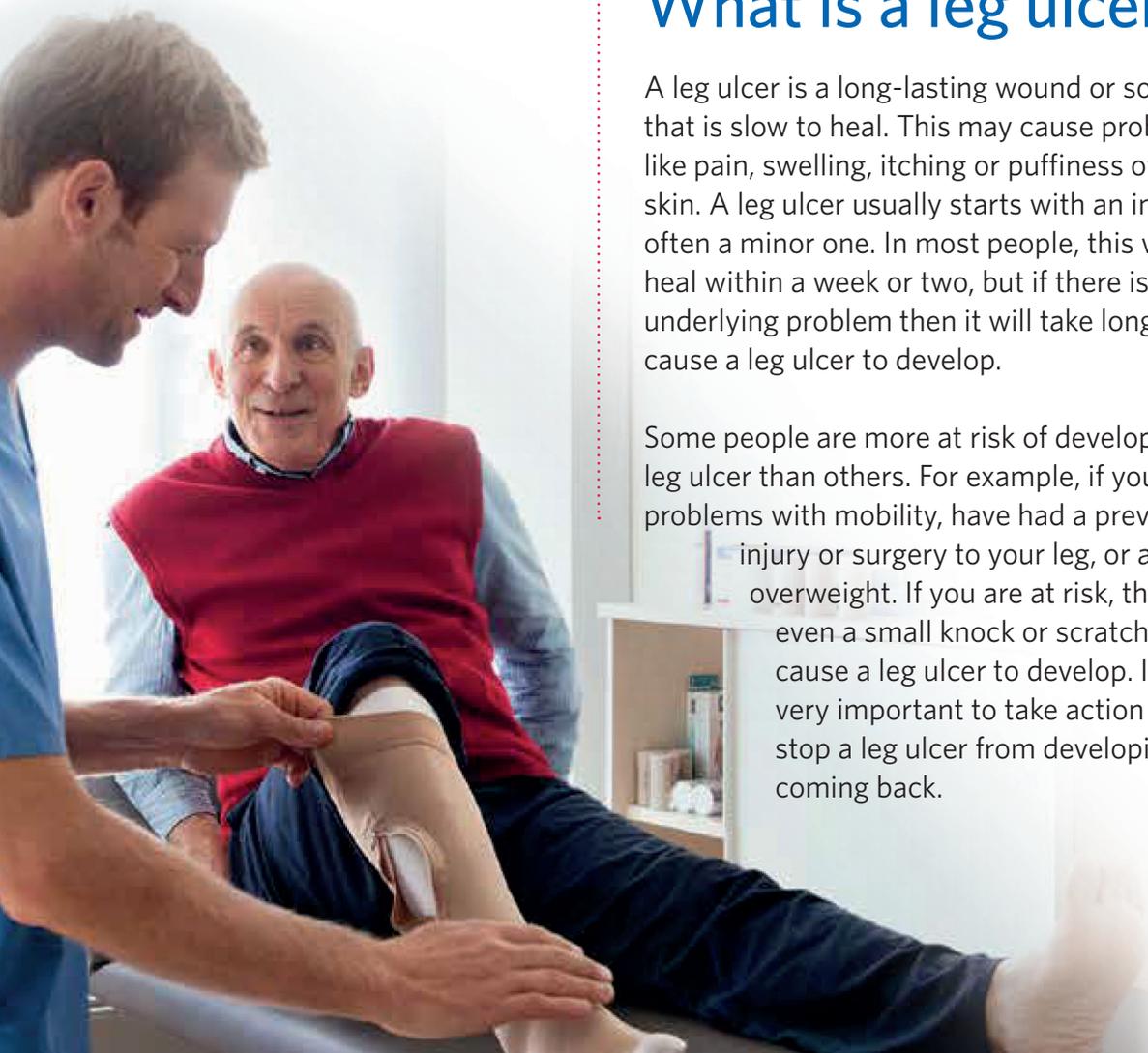
A leg ulcer is a long-lasting wound or sore that is slow to heal. This may cause problems like pain, swelling, itching or puffiness of the skin. A leg ulcer usually starts with an injury, often a minor one. In most people, this will heal within a week or two, but if there is an underlying problem then it will take longer and cause a leg ulcer to develop.

Some people are more at risk of developing a leg ulcer than others. For example, if you have problems with mobility, have had a previous injury or surgery to your leg, or are overweight. If you are at risk, then even a small knock or scratch can cause a leg ulcer to develop. It is very important to take action to stop a leg ulcer from developing or coming back.

What to do when an active ulcer develops

Dealing with a leg ulcer needs a two-step approach. Compression, which means squeezing your leg with compression stockings to improve the blood flow in the legs and help the wound to heal, should be used as standard. Even when the leg ulcer has healed, compression will help to keep your leg healthy and stop the ulcer from coming back, so should continue to be used.

If an active ulcer develops, this needs to be dealt with directly. It is important to make sure that the wound is looked after with the right treatments to help it to heal and to stop infection or other problems from developing.





Working with your clinician

clinician's contact number

If you have problems or questions, you should contact your nurse for advice. If you experience pain or numbness or changes of colour in your leg, contact your nurse immediately.



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Do you have any questions for your clinician?

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Dealing with your ulcer

Helping with healing:

Using the right dressing will help you to look after your wound and encourage it to heal as quickly as possible. It is important that the wound is kept healthy and moist, and the dressing can deal with any fluid coming from the wound. Using Cutimed® Sorbion® dressings will manage the fluid and help to protect the surrounding skin, creating an optimal healing environment.



Avoiding infection:

With long-lasting wounds, infection can be a problem. It is very important to make sure that infection does not develop as this can cause further problems. Using Cutimed® Sorbact® dressings will prevent bacteria and help to stop infection.



Preventing recurrence:

Compression should be used when you have an active ulcer, as it helps with healing, but should also be used when the ulcer has healed, to help to stop it from coming back. JOBST® UlcerCARE is an easy-to-use compression system for daily use.

