



Taking
Care
of Leg Ulcers



JOBST® UlcerCARE™
Patient Information Leaflet
Two-layer compression hosiery system

What is a leg ulcer?

A leg ulcer is a long-lasting (chronic) wound on your leg or foot that can take more than six weeks to heal.

The symptoms of a leg ulcer include pain, itching and swelling of the affected leg. There may also be other signs, such as discoloured or hardened skin around the ulcer.

How are they treated?

Treatment usually involves cleaning and dressing the wound and using compression bandages or stockings to control blood pressure inside the leg.

With treatment, 70% of small ulcers will heal within 12 weeks; larger ulcers may take longer.

There are several ways to help prevent a leg ulcer, such as wearing compression stockings, losing weight if required and taking care of your skin.

What you can do to support your treatment

Maintaining good circulation is one of the most important things you can do. Check with your healthcare professional to see if these suggestions are right for you:

Walk!

Walking is an excellent form of exercise that helps improve your circulation. If you are unable to take long walks, you can exercise your legs whilst you are lying in bed or sitting in a chair. Simply flex your calf muscles and move your toes up and down for a couple of minutes, regularly, for example every hour. If you are driving long distances, stop every hour to walk for a few minutes.

Elevate your legs

When sitting, your legs should be above heart level if possible, but never crossed. By elevating your legs when you are seated, you can help blood flow back from your feet to your heart and lungs.

Wear your compression system daily

You need to wear the compression system continuously to help to heal the ulcer, especially during the day when your feet are not elevated. If using a two-layer stocking system, such as JOBST® UlcerCARE™, you might just wear the liner at night as it provides light compression as you rest in a horizontal position.

Care for your wound and your skin

Leg ulcers should always be covered with an appropriate wound dressing which ideally provides pain-free dressing changes. Ask your healthcare professional which dressing type to use and how often you should change them.

JOBST® UlcerCARE™

Two-layer stocking system

What is JOBST® UlcerCARE™?

- An easy-to-use, 2-in-1 compression system for managing venous leg ulcers and designed to provide minimum disruption to your lifestyle
- Comprises two components
 - Outer medical compression stocking
 - Mild-compression liner
- Available in beige or black, with or without a zipper
- Ready-to-wear and custom-fit options available

How JOBST® UlcerCARE™ can help you

- Bandages are not required
- Allows for improved personal hygiene and minimum disruption to your lifestyle, e.g. you can wear JOBST® UlcerCARE™ with normal footwear and clothing
- The zipper makes the product easier for you to put on
- The stocking provides a guaranteed level of compression as recommended by healthcare professionals
- The product has a discreet non-medical appearance
- Allows self-management of your wound dressings if appropriate



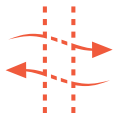
Strong Hold



Easy Donning



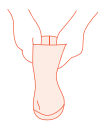
Moisture Management



Breathable

Putting on your JOBST® stockings

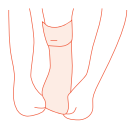
Compression Liner



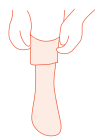
1. Gather the Compression Liner in both hands, so that the toes can easily reach the end of the Liner.



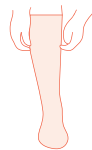
2. Pull the Compression Liner onto the foot, aligning the heel of the Liner with the heel of the foot.



3. Gently pull the Compression Liner up the leg, taking special care to ease it over wound dressing.

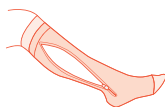


4. Pull it upwards to the knee. Do not roll down or fold the top of the stocking.



5. Smooth any wrinkles and adjust the heel and toe of the Compression Liner for comfort.

Compression Stocking with Zipper



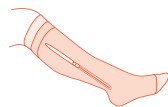
1. Apply the Compression Liner as instructed above. Open the zipper completely.



2. Point your toes and slip your foot into the foot area. Place your thumb between the zipper and your leg to protect your skin.

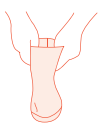


3. Zip it closed, keeping the elastic backing between your skin and the zipper.



4. Adjust any wrinkles or uncomfortable spots by gently pulling the fabric until the pressure is even.

Compression Stocking without Zipper



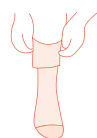
1. Apply the Compression Liner as instructed above. Starting with the garment inside out, tuck the foot portion inside up to the heel and hold it with both hands, seam facing down.



2. Stretch your garment as wide as possible and in one motion, pull it onto your foot. Put the heel pocket over the back of your heel.



3. Take hold of the fabric just past your toes always at the sides, never the seams. Pull it up over your foot past the ankle. It should now be right side out. Adjust the garment so that the heel is in place.



4. Adjust the toe area for comfort by pulling your garment toward your toes and releasing.



5. Now work it all the way to the knee about 2" (5cm) at a time, smoothing the creases as you go - adjust any wrinkles or uncomfortable spots by gently pulling the fabric until the pressure is even.



JOBST® UlcerCARE™


Two-layer stocking system


How to take care of your liner and outer stocking

JOBST® UlcerCARE™ is washable. It is recommended to have at least two sets of stockings so that one can be worn while the other is being washed.

  40° **Compression Stocking:** Machine washable in warm water. Dry at low temperature.

  60° **Compression Liner:** Machine washable in hot water. Lay flat to dry. Use a delicate fabric detergent. Do not use fabric softener. Rinse well. Do not wring.

 Do not iron

 Do not dry clean

 DO NOT BLEACH

What can you do to prevent another ulcer?

Even when leg ulcers heal, the underlying vein problem remains a lifelong threat. So, after your ulcer has healed, you need to prevent another one from occurring in the future.

- It is highly recommended to continue wearing compression stockings
- Exercise to improve circulation and elevate your legs even during the day
- Visit your healthcare professional at the first sign of a new ulcer developing. The sooner you receive proper care, the easier it will be to manage the ulcer and the less discomfort you will experience

For more information or advice please contact our **Freephone Compression Helpline** on **0800 389 8424** or visit **www.bsnmedical.co.uk**

Stockings are guaranteed for six months against manufacturing or material defect, but should not be used beyond the expiration.



JOBST®,
an Essity brand



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