

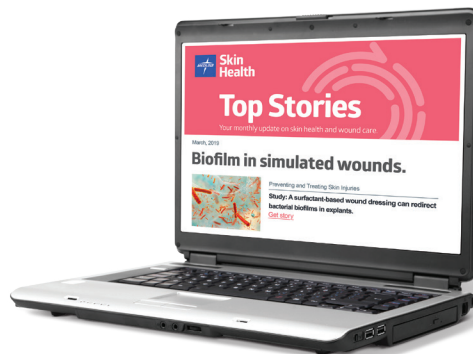
Risk factors for venous ulcers

- Repeatedly standing in one place for a long time
- Not moving
- Tight clothing
- Crossing your legs
- Trauma or injury
- Being overweight
- Smoking

Helpful hints to help prevent venous ulcers

- Raise your legs above your heart for 2 to 4 hours every day and every night.
- Wear compression if your doctor or nurse says it is safe.
- Remain active when standing in one place. Try marching or rocking from heel to toe.
- Gently moisturize your skin.

For more information on health conditions visit MedlineSkinHealth.com



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What is a venous ulcer?



Venous disease is related to blood flow, and can cause ulcers to form on your legs.

If the veins in your legs are not working properly, blood flow slows and collects in your feet and ankles. This causes swelling in the leg and stretching of the skin. The skin is more at risk of tearing and breaking open because the blood has no where to go. This is how a venous ulcer forms.



How did you get a venous ulcer?

The most common cause of venous ulcers is the collection of blood in your lower legs, feet and ankles. This happens when valves in your veins do not open and close properly.

With venous disease, there will be a **gradual change in the color and condition of your skin.**

A wound or ulcer can develop. Early treatment and following your doctor or nurse's orders is very important.

What does all of this mean to you?

A venous ulcer means that you have an open wound on your leg. Your doctor or nurse will recommend the correct bandage for you.

Many venous ulcers are susceptible to germs that can delay or prevent healing. Bandages containing silver are often used because they reduce and get rid of germs.

The bandage may feel tight as it is wrapped around your leg. The pressure of the bandage will help pump blood back to your heart. It will also help reduce swelling and aid healing when used as part of a complete treatment plan.

How you can help yourself

It is very important to follow the directions given to you by your doctor or nurse. These directions may include:

- Do not disturb or remove your bandage. The bandage may feel unpleasant at first because of the swelling in your leg. When the swelling goes down, your pain will decrease.
- Walk during the day.
- Eat healthy foods and drink plenty of water.
- Apply lotion to your legs daily to moisturize your skin.
- Venous disease will last the rest of your life. Once the wound is healed, you will need to wear compression stockings or compression devices during the day.
- Wearing compression will help prevent more wounds. Take them off at night. Your doctor or nurse will tell you which stocking is right for you.

Quick tip

Venous ulcers form from slow blood flow. Keep walking, drink plenty of fluids and wear your compression stockings.