

## Lower Limb Service: Aftercare for your healed leg ulcer

**There is a 1 in 4 chance of your ulcer coming back or new ulcers developing in the next two years. Follow the advice below to help prevent more venous ulcers.**

### Compression Hosiery

- Wear your prescribed compression hosiery every day.
- During the day check for wrinkles and smooth them out, ensuring your hosiery is positioned correctly.
- Use a hosiery application aid for putting on and taking off your hosiery and avoid damaging your skin or the hosiery.
- If your hosiery become torn or laddered, they should be replaced.
- Remove hosiery each evening.
- Some open-toe hosiery may be left on at night but must be removed at least twice a week for skin care.
- Wash hosiery inside out, following the instructions in the pack.
- Keep hosiery packs and instructions for future reference.
- If you lose or gain weight, you may need to be remeasured.

### Skin Care

- Wash your legs daily, preferably in the evening after removing hosiery.
- Do not use soap, gels, foams etc to wash your legs. Use your prescribed emollient (cream or ointment) as a soap substitute and remove any old dead skin scales.
- Dry well, paying particular attention to deep creases in your feet and legs and in between toes.
- Apply your prescribed cream / ointment after washing, in a downwards direction, especially if you have hairy legs.
- You will be able to get more emollients from your GP on a repeat prescription.

### Exercise, Rest and Leg Elevation

- Keep active during the day if possible. Walking causes the calf muscle to squeeze the veins and pump blood back towards the heart.

- If you are less mobile, exercise your leg muscles by moving your foot up and down at the ankle.
- Sleep in bed rather than a chair to improve your blood flow.
- When sitting down, keep your legs raised by putting your feet on a stool or chair.
- Avoid standing still for long periods of time.

## **Keep Safe and Well**

- Wear appropriate footwear - do not walk without shoes or slippers.
- Eat a healthy balanced diet. Seek advice if your diet needs improving.
- If you are overweight, think about losing some weight. Being overweight can make you more likely to develop a venous leg ulcer again.
- Take care not to injure your legs.
- Take the medication that you have been prescribed.
- If you smoke, cut down and if possible, stop completely.

## **Hosiery Review**

You will need new compression hosiery every 6 months unless you are told otherwise when you are discharged. You will need to arrange a **Compression Hosiery Review** with your GP practice.

## **When to seek advice**

You should contact CHCP Lower Limb Service if an ulcer appears, or you have an injury to your lower leg. An early assessment can help you to heal quicker.

**You can contact the nurses by calling CHCP Care Coordination Hub and asking for the Lower Limb Service on 01482 247111**

## **Useful Websites:**

For more information about leg care visit [legsmatter.org](http://legsmatter.org)

For more information about compression hosiery visit: [www.jobst.co.uk/patients](http://www.jobst.co.uk/patients)

## **Let us know what you think...**

You can contact a CHCP Customer Care Advisor if you have a comment, concern, compliment or complaint by writing to: Customer Care Advisor, City Health Care Partnership CIC, 5 Beacon Way, Hull, HU3 4AE.

Email: [chcp.customercare@nhs.net](mailto:chcp.customercare@nhs.net). Call: 01482 347627

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