

Meanwood Group Practice

Patient Information Leaflet – Wound Prevention

Now that your ulcer has healed it is important to prevent a recurrence.

Looking after your skin:

- ✓ When washing use an unscented pH balanced soap or soap substitute such as aqueous cream
- ✓ Pat your skin dry gently with a soft, clean towel - avoid rubbing areas of previous skin damage
- ✓ Apply unscented moisturiser to both your legs daily
- ✓ Do not ignore signs of problems such as redness, pain, itching or broken skin
- ✓ Do not stop using your stockings without first seeking medical advice

Preventing ulcer recurrence:

- ✓ Compression stockings should be worn up to 16 hours daily and removed at bedtime
- ✓ If possible, raise your legs to chest height while resting to reduce swelling
- ✓ Make sure your heels are protected from pressure
- ✓ Avoid sleeping in a chair overnight
- ✓ Avoid crossing your legs
- ✓ Continue to walk as much as you can and flex your ankles up and down several times a day
- ✓ Check your legs and feet daily for any changes / problems.
- ✓ Gain assistance from a carer / relative if required

Preventing infection:

- ✓ Good handwashing & hygiene
- ✓ Stopping Smoking
- ✓ Avoiding Alcohol
- ✓ Healthy Diet including:
 - Protein – essential to build new tissue.
 - Iron – important for a healthy blood supply.
 - Vitamin C – essential for absorbing iron and wound healing
 - Vitamin A – important for healing
 - Zinc – essential for building new tissue
 - Drinks – aim to drink at least 8 cups of water milk and / or fruit juice a day. Drinking tea may stop iron being absorbed

Wearing compression stockings:

- ✓ Ensure they are pulled up and sit just below the knee with a two-finger space between the knee and the top of the stocking
- ✓ Ensure there are no creases in the stockings
- ✓ Do not roll them down, cut them or fold the top down.
- ✓ They may require readjustment throughout the day
- ✓ Please seek advice from the practice or district nurse if the stockings are uncomfortable (they may not be the right size or make) or if you are having difficulty pulling the stockings on

Looking after compression stockings:

- ✓ Examine your stockings daily for damage and contact the GP practice for replacement
- ✓ Stockings should last for up to six months and can be machine washed on a gentle cycle at up to 30 degrees using a mild detergent. Do not tumble dry
- ✓ Please make an appointment with the nurse to check your circulation and remeasure for new stocking every year

Footwear:

- ✓ It is important to wear the correct footwear to prevent further ulcers and help with stability whilst moving around
- ✓ If necessary, seek advice from the practice or community nurse



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