

# A Guide To Venous Stasis Ulcer Care

## About Venous Stasis

There are many valves inside our veins that, with the help of our leg muscles, return blood back to our hearts. If these valves don't work as they should, there is a pooling of blood in the veins. This pooling causes swelling and an ulcer develops. The ulcers are irregular in shape, painful, and there is normally a lot of drainage. Treatment usually consists of a compression wrap to assist in moving the fluid from the feet back to the heart.

## What To Do

- Maintain the compression wrap or boot until your next visit.
- Do not get the wrap wet.
- Elevate your legs above the level of the heart, as able, to allow gravity to assist in the reduction of swelling.
- If your toes become discolored, painful or very swollen, cut off your compression wrap and call to schedule an appointment to reapply the wrap.
- Notify your physician if you develop a temperature of over 101 degrees F.



**Any wound that has not started to heal in two weeks or completely healed in six weeks may benefit from a specialized wound care center. Ask your regular physician if a referral might be the right option for you.**

## How To Prevent

- As your wounds heal, you will be advanced to compression stockings.
- Apply the compression stockings in the morning before you get up.
- Remove the stockings before you retire at night.
- Apply lotion to your legs when you take the stockings off.
- Notify your doctor if you develop any new ulcers or breaks in the skin.

