

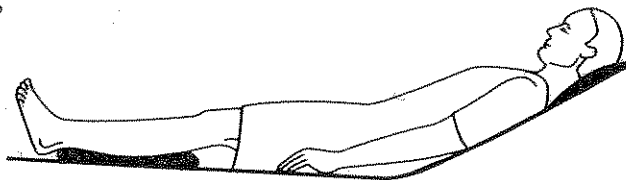
Pressure Ulcer Teaching Guide

What is a pressure ulcer?

A pressure ulcer is a sore that comes from lying or sitting in the same position for a long time. Damage is caused by constant pressure to the skin and the tissue underneath. The damage can range from a change in color of the skin to a deep sore down to the bone. Pressure ulcers usually occur over pointy bony areas such as the tailbone, hips, knees, ankles and heels. A pressure ulcer is a serious problem and should not be ignored. With proper care, most pressure ulcers will heal.

What can I do to help heal my pressure ulcer?

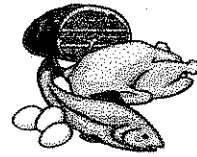
- Stay off the area with the ulcer as much as possible
- Get up and walk often
- Change positions in bed at least every 2 hours
- Don't rest on your hip bone. Use pillows to keep you on your side
- Use pillows to keep knees and ankles from rubbing and to keep your heels from resting on the bed
- Keep the head of the bed at 30 degrees or less, except when eating



- Ask your doctor or nurse if you need a pressure relieving mattress
- If you have a pressure ulcer on your bottom, you should always sit on a pressure relieving cushion. Don't sit in a chair for more than an hour.

Other helpful hints:

- Eat a healthy diet. Include a source of protein at every meal.



- Ask your doctor if vitamin, mineral and protein supplements would help your sore to heal.



- Drink plenty of fluids.
- If you can't control your bowels or bladder, make sure that you clean your skin, apply a barrier cream and a fresh adult diaper or pad as soon as possible after soiling.
- Change your dressings as ordered

Your Wound Care:

Things to report to your doctor or nurse:

- **Increased or bad smelling drainage**
- **Increased pain in or around the sore**
- **Increased redness around the sore**
- **New or increased yellow or black tissue in the wound**
- **A fever, or just feeling sick**



Venous Stasis Ulcer Teaching Guide

What are venous stasis ulcers?

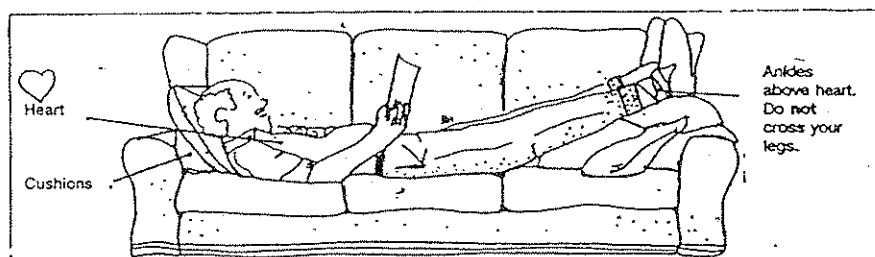
When the veins in your legs aren't working well, they become filled with too much blood. This makes blood to pool in your feet and legs causing swelling that can lead to leg ulcers.

What are the signs that I have venous stasis disease?

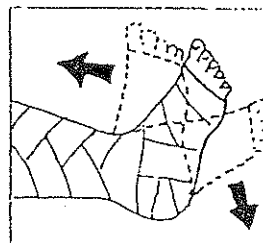
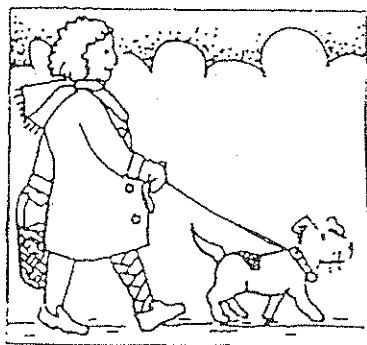
- Swelling in your feet and legs
- Aching or heaviness of the legs
- Discoloration of the skin around your ankles
- Dry, scaly, thickened skin of your lower legs
- Varicose (swollen) veins of your lower legs

What can I do about it?

1. **Wear elastic stockings or other compression wrap as instructed by your doctor.** This is the most important thing you can do to help your leg ulcers heal. Stockings and wraps decrease the swelling in your legs and improve your circulation. This can help prevent ulcers from starting.
2. **Elevate your legs.** Lie down with your feet higher than your heart while sleeping and at regular times during the day.



3. **Exercise.** Walking will help to pump the extra blood and fluid up and out of your legs. When you sit, pump your feet back and forth.



4. **Eat foods that are low in salt.** Salty foods make your body hold extra water. This can make your legs swell and cause other health problems.

5. **Eat a healthy diet.** A diet high in protein, fruits and vegetables will help your wounds to heal and help you to stay healthy.

6. **Keep your body a healthy weight.** Extra weight puts a strain on your circulation and increases your risk of swollen legs. If you are overweight, ask your doctor if you can see a dietitian. The dietitian can teach you how to lose weight in a slow and healthy way.

7. **Take good care of your legs.** Wash your feet and legs with a mild soap and water every day. Rinse well. Pat dry. Moisturize your skin. Make sure the lotion you use doesn't contain lanolin or petroleum products. These can cause elastic stockings to wear out quickly.

8. **Try to avoid activities which can cause injuries to your legs.** Do not apply a heating pad to your legs, sit directly in front of a space heater, or allow your legs to get sunburned.

When do I call my doctor?

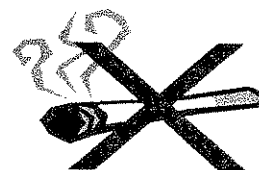
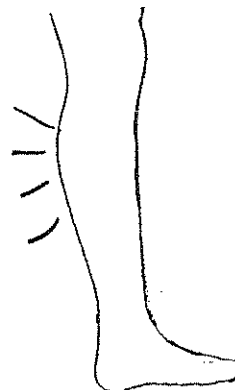
- If a minor cut on your leg does not heal within a week
- If you have more redness, warmth or tenderness in your leg
- If you have a fever, chills, or feel sick
- If the drainage from your ulcer increases, becomes thick, has an odor, or changes color.

WOUND CARE:

Arterial Ulcer Teaching Guide

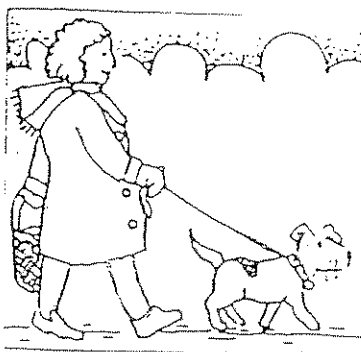
Peripheral Arterial Disease happens when the arteries that supply your legs and feet with blood become blocked or narrowed. Your legs and feet are not able to get all the blood they need. This can cause you to have:

- Pain in the back of your legs when walking or at rest
- Numbness or tingling in feet or legs
- A sore or wound that will not heal
- Cool temperature of the skin
- Leg or foot is blue/red when down, pale when raised



What can you do to improve the blood flow to your feet?

- **STOP SMOKING!!!** Smoking cuts down the blood flow to your feet.
- Ask your doctor if you should see a vascular surgeon. There are surgeries that can improve the blood flow for some people.
- Control your blood pressure.
- Follow a Low Fat, Low Sodium, Heart Healthy Diet.
- If you are diabetic, keep your blood sugar in your target range.
- Go for a walk. Daily walks help the blood flow to your feet. Take a break if you get pain in the back of your leg.



Tips to protect your legs and feet from injury:

- Avoid clothing or shoes that are tight or rub in any way. Always wear socks.
- You may need special footwear if you have had an amputation of any part of your foot.
- Wear pants to help protect lower legs
- Every day wash your feet with warm water and a mild soap. Rinse and dry well. Apply a moisturizer except for the area between your toes.
- Don't use any kind of chemicals or heating pads on your feet.
- Use pillows to keep pressure off heels and toes in bed.
- Get regular professional foot care

Things to report to your doctor or nurse:

- **Increased pain in your legs, feet or wound**
- **Increase or change in wound drainage**
- **Increased redness around the wound**
- **Wound that looks or smells worse**
- **Fever, chills, feeling unwell**

Your Wound Care: _____

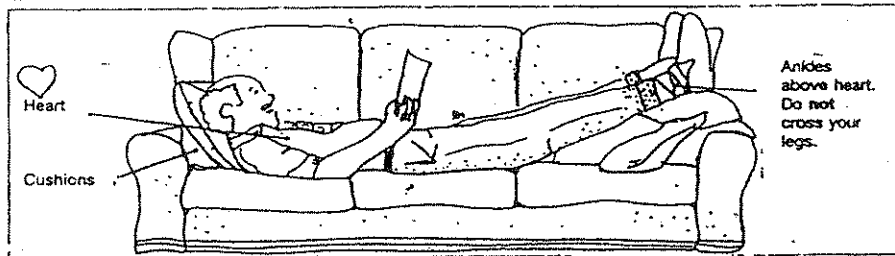
COOLEY DICKINSON HOSPITAL

Member of  DARTMOUTH-HITCHCOCK ALLIANCE

Compression Wrap Discharge Instructions

A compression wrap has been applied to your leg. The purpose of the wrap is to decrease swelling and improve blood flow to your leg. This will help your wound to heal. There are some things you need to know about managing your wrap:

- Keep your wrap dry. There are special covers you can buy at a medical supply store to keep your wrap dry in the shower.
- If your wrap starts to feel tight, elevate your legs.



- These are the signs that your wrap is **too** tight:
 1. New numbness or tingling in your foot or leg
 2. Pain under the wrap
 3. Toes become white, blue, swollen, numb or cold

IT'S VERY IMPORTANT TO REMOVE A WRAP THAT IS TOO TIGHT FOR YOUR LEG! Leaving it on can cause serious damage to your leg. You can simply unroll the wrap, or you can lift up on the wrap and very carefully cut it off with a pair of blunt end scissors.

The above have been explained to me. I understand these instructions. I have received a copy of this form.

Patient Signature _____ Date _____ Time _____

Signature/Title _____ Date _____ Time _____

