

Leg ulcers

RFQs

- Do you get pain in your calves or legs when you walk?
- Do you have any symptoms of diabetes, including thirst and peeing a lot?
- Do you have any problems with your breathing, or any chest pains?

Provide

Your ulcer looks as if it is most likely to be caused by poor circulation back from your legs. Varicose veins are likely to be part of the problem. Because your veins don't empty properly, they will need some help. Three things should make a difference: 1 wearing support stockings during the day; 2 elevating your feet when you are sitting; and 3 being more active to encourage the muscles in your legs to pump blood away from your legs (the fourth in over-weight people is to lose weight). Since I can feel your pulses, it is safe for you to use the stockings. But if the stockings seem to cause agony in your feet, please take them off and let me know.

Since it's hard to feel your foot pulses I would like you to have a blood pressure reading in your legs to check for artery narrowing. Our nurses can do that test. It's called an ABPI (Artery Brachial Pressure Index).

Please take this prescription to the pharmacy where they can measure your legs for the special stockings. These stockings are proven to empty blood and swelling from swollen legs and protect you from and treat varicose ulcers. A greasy moisturiser applied to your legs before and after you use the stockings is protective too. Would you like some of that too?

The stockings can be difficult to put on. Particularly if you have arthritis. Perhaps you have someone who would be willing to put them on for you? I can prescribe a metal frame to help you put the stockings on if you like? (Acti-glide).

Our nurses (often district nurses) are experts in treating these ulcers. Would you mind seeing the nurse to get some dressings and some input to help your ulcer get better? (Sometimes our nurses will use special compression dressings to help the ulcers to heal.

Safety net:

The nurses will make sure that your ulcer is getting better and they will contact me if it is getting worse or not healing. Please let us know urgently: if your calf becomes tender and swollen. That might suggest a clot in your leg veins. Or if your ulcer or leg becomes red and sore and tender, or if you develop a fever. Those symptoms might suggesting infection.