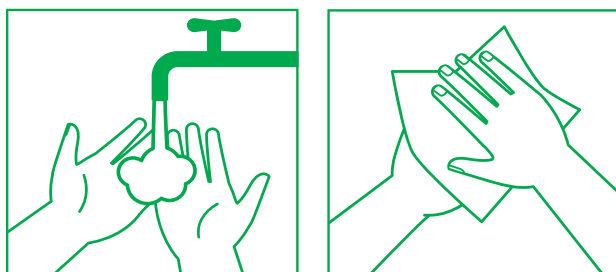


Caring for your venous leg ulcer at home

Being able to self-care when you have a venous leg ulcer can increase your independence and improve your quality of life. If you have a leg ulcer you can take these steps to help it heal.

Step 1: Prepare

Clean a work surface with plenty of room. Get your supplies together, a clean towel, bucket/bowl, **Debrisoft**[®], emollient, dressings and compression garment. Wash your hands thoroughly and dry with a clean towel or kitchen roll.



Step 2: Wash the limb

Carefully remove any compression garments and old dressings. Wash the limb in a bucket/bowl of warm water using a cloth to gently cleanse the skin and remove any build-up of emollients. Pat dry with a towel.

Step 3: Cleanse the wound



Wound beds can often contain debris and bacteria that needs removing. If you have been prescribed or have access to **Debrisoft**[®] you can remove this with very little discomfort. Moisten the **Debrisoft**[®] with a small amount of tap water and use for at least 2 minutes. These pads should then be disposed of after use.

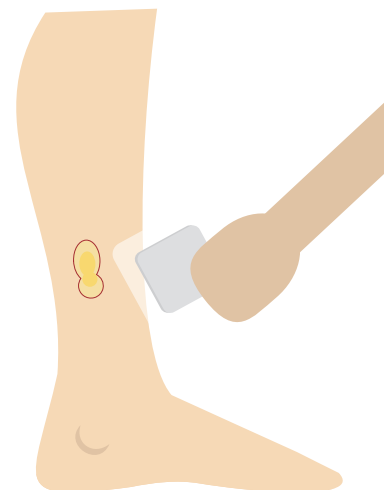
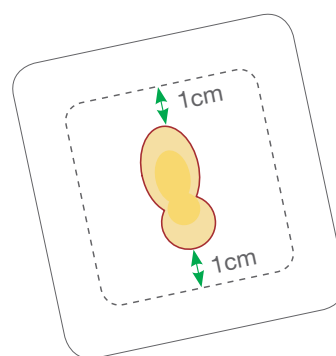
Step 4: Skin care

If a build-up of dead skin is present on the limb and you have access to **Debrisoft**[®], use this in long sweeping strokes to remove the build-up. Apply an emollient following the direction of hair growth for moisturised healthy skin.

Top tip: try not to pick at dead skin cells as you could cause a break in the skin

Step 5: Apply dressing

Make sure you have removed all packaging. Some dressings will have an adhesive coating and the liner will need to be removed for application. Ensure that there is a 1cm gap between the edge of the wound and the edge of the dressing.





Step 6 Applying the compression garment

A) ReadyWrap® Application

First apply the liner, then apply the foot garment, followed by the calf garment.

Pull the VELCRO® fasteners at full stretch and attach in place.

Start with the white fastener and then the light blue fastener and then the dark blue fastener.

Ensure the calf garment overlaps the foot garment by 1 cm.

Attach the white fastener at the bottom of the calf garment first followed by a horizontal and then vertical pattern.

(For full instructions for use, please see the patient information leaflet in the packaging).



Top tip: Think walk along the hall and up the stairs, to help you remember the order for the VELCRO® fastening

B) Activa® & Actilymph® Hosiery Kit Application

To apply the hosiery kit, apply silky closed toe liner first followed by the open toe compression top layer.

Step 1: Prepare the hosiery

To make the hosiery easier to put on, first turn it inside out. You can do this in 3 simple stages – reach, pinch and fold.

Reach: Simply slip your hand down inside the hosiery, as far as the heel.

Pinch: Gently grasp the heel and, while still holding the heel,

Fold: Fold the top of the hosiery down to turn it inside out. This will leave the toe-area tucked-in.

Step 2: Apply the hosiery

Slip your toes into the front of the hosiery and gently pull up the foot.

Now gather the hosiery from the top of the garment and gently pull towards the ankle and calf

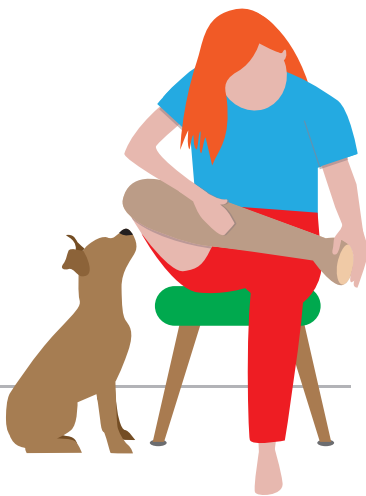
Step 3: Adjust for comfort

Smooth out any wrinkles in the hosiery.

Pull the toe section forward. Smooth the ankle and in-step areas and make sure your toes are not restricted.

Step 4: Apply the compression top layer

Once the liner is positioned correctly on the limb the compression top layer is put on over the liner. This can be done by following steps 1-3 again.



7. Red flags

Red Flags to look out for:

- New redness and swelling of the skin around the ulcer which can be accompanied with a high temperature (fever) and/or a feeling of being unwell or loss of appetite
- Any other persistent new discolouration of your legs or toes
- A green or unpleasant discharge or an unpleasant odour coming from the ulcer
- Increased leg pain or discomfort that doesn't resolve with your normal pain killers
- Increased numbness, altered sensation (feeling) or pins and needles that doesn't ease with movements
- Increased swelling to your legs or toes that is unusual for you
- A new wound
- Increased leaking from the leg and/or an existing wound that cannot be contained in your current dressing or compression garment

If you notice any of these red flags it is important to contact your healthcare professional immediately or NHS 111 if you are worried.

For further information contact our Customer Solutions team on **08450 606707** or email at **customersolutions@uk.lrmed.com**

You can also visit our website **www.lrsselfcare.co.uk** where we have a new dedicated webchat to support you

Please follow this advice as recommended by your healthcare professional, following a full holistic assessment.

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