

For further information about this service contact:

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Leg Ulcer Clinic Discharge Pack

Tissue Viability Service

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.



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Once you have been discharged from the service, and if you have any problems (e.g. unable to manage your compression hosiery, skin breakdown, leaking legs) you must go straight back to your practice nurse at the GP surgery.

Your practice nurse will start the appropriate treatment to help the wound heal, and will refer you to the leg ulcer clinic if necessary.



Compression hosiery

Pull on method

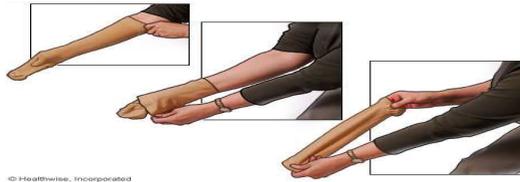
- Grasp the hosiery at both sides of the top of the band.
- Pull onto the foot and up the leg as far as possible.
- Choose a position on the leg where you can grasp the hosiery on both sides again and pull as far as possible. Fold down the leg rather than allowing it to bunch or roll.
- Grasp the hosiery at the top and pull out the fold.
- Repeat until the heel is in place.



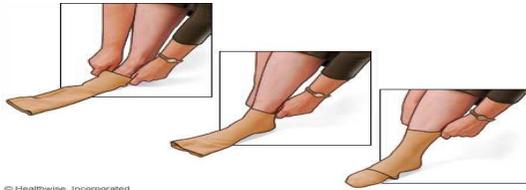
Heel

out method (can also be used when a carer is applying the hosiery).

1. Turn your hosiery inside out by putting the foot, grasping the heel and pulling the hosiery inside out



2. Slide your foot into the hosiery until your toe and heel are positioned correctly.



3. Grasp the top of the hosiery and pull up over the calf until its two fingers below the knee.

Pocket

Smoking

Nicotine from inhaled smoke causes the blood vessels that carry blood to your wound to become narrow, reducing essential nutrients that aid wound healing.

If the blood flow is decreased due to inhaled smoke, this also means the nutrients to heal the wound are decreased. This reduces the body's chance of healing the wound in a normal manner, or may even cause healthy tissue to die.

Quit smoking

Quitting is the best possible choice you can make to help your wound (s) heal faster, safer and with fewer problems. It is also the best way to start a healthy lifestyle.



If you would like to STOP smoking or are thinking about stopping please fill in the smoking cessation form provided for you.

Weight Management

If you are over weight, then losing weight can help prevent venous leg ulcers because excess weight contributes to high pressure in the leg veins, which can cause damage to the skin. Venous ulcers are much more common among people who are over weight than in people of healthy weight.

To help with weight loss do at least 150 minutes of moderate intensity exercise every week, eat smaller portions and have only healthy snacks between meals. A gradual weight loss of around 0.5kg (1.1lbs) a week is usually recommended.

A low-fat, high fibre diet that includes whole grains and plenty of fresh fruit and vegetables (at least five portions a day) is recommended.

What is Hydration?

Hydration is adequate fluid intake. It is important to drink plenty of fluid as this will help with any wound healing.

Try drinking fresh cool water. Fruit juice, milk, tea and coffee can also be taken. Opt for water, drinks that are sugar-free or skimmed milk if you have diabetes or you are trying to lose weight.

Around 20% of our daily intake of fluid is contained within our food: If you find it difficult to increase the amount you drink try opting for foods high in moisture such as fruits and vegetables as some are up to 90% of water.



Two rings of pineapple (80g) = 70ml of fluid



One tomato (85g) = 80ml of fluid

- **Semi-liquid foods count towards total fluid intake.** Try soups, sauces, jellies, ice lollies and ice cream to increase fluid intake further.
- **Avoid large amounts of caffeine and alcohol** as these can make you pass more urine and increase your risk of dehydration. Consume no more than four caffeine-containing drinks per day. If you choose to drink alcohol, do so in line of current government guidance.
- Try drinking in between meals or after eating - **avoid filling up on fluids before eating.**
- Try to fit your fluid intake around your daily routine. For example try a full glass of water with medication(s), fruit juice after breakfast, squash after lunch, a smoothie or milkshake mid-afternoon, and a hot chocolate before bedtime.

Your Hosiery

Make:

Size:

Class:

Colour:

Length:

Open/closed toe:

PIP code:

Your Liners

Make:

Size:

Class:

Colour:

Length:

Open/closed toe:

PIP code:

Don't forget to renew your Hosiery every 3-6 months

Emollient used:

Skin Care

Your skin provides many functions including temperature regulation and protection. It is important to maintain your skin in a healthy condition.

What you can do to help

- Pay particular attention to cleansing.
- Avoid perfumed soaps.
- Dry very carefully paying particular attention to skin folds and between the toes.
- If your skin is dry and flaky regular use of an Emollient/cream is important.
- Bedtime is a good time to apply your emollient if you remove your hosiery at night.
- Try to always wear footwear and avoid walking barefoot.
- Seek advice promptly for any cuts, grazes, blisters or bruises.
- Seek advice promptly if your leg becomes unusually hot or more swollen.
- If your legs become more swollen don't attempt to put on your compression hosiery.
- Try to avoid insect bites, by using a good repellent

****When using cream/emollient apply it in a downward direction from knee to toes****



and wash you



Some of the creams may use on your legs



What is nutrition?

Nutrition is the intake of food, considered in relation to the body's dietary needs. Good nutrition facilitates the wound healing process but malnutrition may delay, inhibit and complicate wound healing. Many nutrients have a role to play in wound healing, working in isolation or in combination with others.

- Good nutrition– An adequate, well balanced diet combined with regular physical activity is a cornerstone of good health.
- Poor nutrition– Can lead to reduced immunity, increased susceptibility to disease, and poor wound healing.

What are nutrients?

Food provides a range of different nutrients. Some nutrients provide energy, while others are essential for growth and maintenance of the body.

Carbohydrates, protein, and fat are macronutrients that we need to eat in relatively large amounts, as they provide our bodies with energy and are the building blocks for growth and maintenance of a healthy body.

Vitamins and minerals are micronutrients, which are only needed in small amounts, but are essential to keep us healthy. There are not strictly nutrients but are important for health, such as water and fibre.

- **Carbohydrates** provide energy for the body. They are all starchy foods, such as bread, rice, potatoes, cereal products.
- **Proteins** provides amino acids (building blocks) that we can't make ourselves. Needed for growth, development and repair the body, also provides energy. You can find them in: meat, fish, eggs, dairy foods, cereal products such as bread, soya products, nuts and pulses.
- **Fats** provides essential fatty acids (that we cant make ourselves but need in small amounts), as well as energy. It also carries important fat-soluble vitamins and is important for their absorption. You'll find them in: fats and oils, meat and meat products, dairy foods, oily fish, nuts, cakes, biscuits, pastry products, crisps, and other snacks and chocolate.
- **Vitamins and minerals** are vital for all aspects of our health, and are generally obtained in a healthy balanced diet. Fruit and vegetables are good source of these, so it is important to eat at least five portions a day and choose a rainbow of colours.