

RED FLAG SYMPTOMS OF INFECTION



HOT to the touch - **RED**



Increasing **PAIN** to wound or leg



Foul **ODOUR** and increased **LEAKAGE**

If you experience any of these **RED FLAG** symptoms it is very important you contact your **GP** or **nurse** as soon as possible, as you may require a swab of your wound and your GP may decide to prescribe a course of **oral antibiotics**. Delay in informing your GP or nurse of these **RED FLAG SIGNS OF INFECTION**, could result in you becoming very unwell, very quickly and your mild infection could then cause you to develop **SEPSIS**.



SEPSIS

A life threatening condition where your own bodily defences overreact to infection. You cannot catch sepsis from another person.

Sepsis is sometimes called septicaemia or blood poisoning. Sepsis may cause you to experience some OR all of the following¹:

RED FLAG SYMPTOMS OF SEPSIS¹

S

Shivering, fever or very cold

E

Extreme pain or discomfort 'worse ever'

P

Pale or discoloured skin (blue/black)

S

Sleepy, difficult to wake or confused

I

I feel like I may die' (sense of doom)

S

Short of breathe, breathlessness or breathing very fast

If you experience any of the above **RED FLAG** symptoms of **SEPSIS**, it is a medical **EMERGENCY** and you must contact **999** immediately informing them you have the signs and symptoms of **SEPSIS**.



People.Health.Care.

Useful links

1. <https://www.nhs.uk/conditions/sepsis>
2. <https://www.nice.org.uk/about/nice-communities/nice-and-the-public/public-involvement/making-decisions-about-your-care/your-care>
3. <https://lohmann-rauscher.co.uk/compression-therapy/readywrap>
4. <https://www.nhs.uk/condtions/leg-ulcer>



For more support visit [squeezein.life](https://www.squeezein.life)

Register today for access to the **free** Healthy Living Booklet.

For further information on leg health please visit

www.lrsselfcare.co.uk

Call our Customer Solutions line: **08450 606 707**
or visit our website at: www.Lohmann-Rauscher.co.uk

L&R Medical UK Ltd, 1 Wellington Court, Lancaster Park, Needwood, Burton on Trent, Staffordshire DE13 9PS

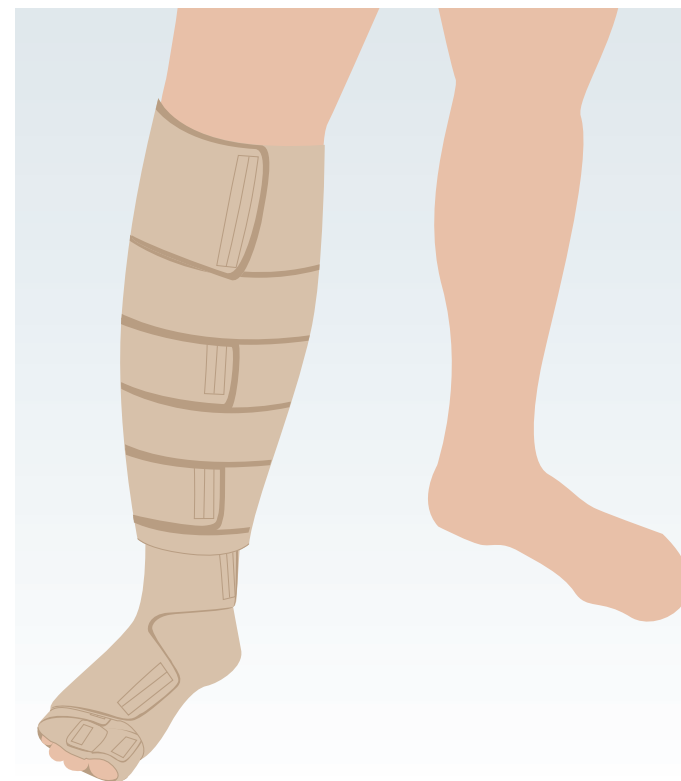
Created by Mary Brammah, District Nurse

M3009 V1.1



People.Health.Care.

A simple Instruction guide on leg care and how to apply ReadyWrap[®]



A leg ulcer is a long-lasting **(chronic) sore** that takes more than **2 weeks to heal**⁴. **Good hygiene** is an important part of leg ulcer management – **SO REMEMBER**

W

Wash your legs with warm water in a clean (plastic lined) bowl kept for this purpose or in the shower.

R

Rub (gently) any dry skin and gently clean your wounds with a **Debrisoft® pad** or gauze. This helps to prevent infection and **remove** any **build up of cream** or **dry skin** (which can be a major factor in the cause of infection in leg ulcers). **Thoroughly dry the limb**, particularly between the toes.

A

Apply any **emollients** or **creams** prescribed for you in line with your hair growth to reduce irritation. Only apply creams and emollients **as prescribed** and for the length of **time advised**, as **some** creams such as steroids and antibiotic based treatments are only for **short term use** (check with your nurse or GP if you are unsure about this).

P

Prepare your legs for the **ReadyWrap®** by **applying** any **dressings** or absorbent **pads** prescribed by your Nurse or Doctor.



Before applying your **ReadyWrap®**, apply the black sock that came in the pack **OR** if you prefer use a piece of Comifast stockinette.

Start with your **ReadyWrap®** foot piece ▼



Apply as shown in the above picture, ensuring the velcro is pulled across your foot and attached securely to prevent it slipping or moving when you are walking.

REMEMBER – You will have received a **RIGHT** foot and a **LEFT** foot in your pack and you can identify which foot is which, by checking the white tag at the back of your foot piece. It is also worth **remembering** that this white tag always goes to the outside, this will also guide you in making sure your foot piece is applied correctly.

Please note if you require a knee and thigh piece, these are applied in the same way (**see top tip below**). However the knee piece is always applied last, with the knee in a slightly bent position.



◀ Applying the **ReadyWrap®** calf piece - Now your foot piece is secure, you can apply your calf piece. Start by securing the bottom of your calf piece (the narrowest end) 2 to 3cm above your ankle bone by taking the white VELCRO® brand fastener around the leg and matching up to the other strap.



Now continue to secure the straps up your leg using the horizontal to vertical velcro system (see top tip below), until you come to the last one, which should sit just under the fold of your knee (see picture left).



TOP TIP - Your calf piece has horizontal and vertical VELCRO® strips attached. As you begin attaching the straps up your leg, start with the horizontal strap and continue by alternating between the two. Continue all the way up your calf until the **ReadyWrap®** is smoothly fitted and fully secure to your calf. Once fitted you can wear your own choice of footwear as normal.

STEP 1

HORIZONTAL

STEP 2

VERTICAL