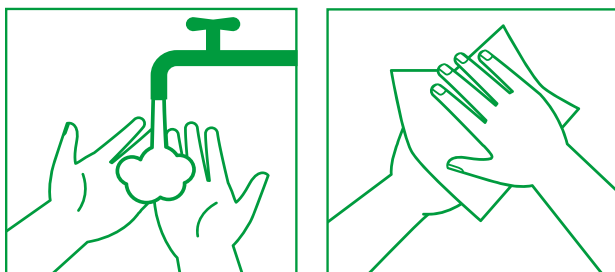


How to Care for your Leg Ulcer

Your healthcare professional has suggested working together to look after your leg ulcer at home, this can help it heal and you to stay independent. The steps below will guide you through how to do this safely.

Step 1: Prepare

- Clean and clear an area with enough space to carry out your woundcare
- Gather your supplies:
 - ◆ Clean towel
 - ◆ Bucket or bowl
 - ◆ Debrisoft® Duo
 - ◆ Emollient
 - ◆ Dressings
 - ◆ Compression garment
- Wash your hands with soap and water
- Dry your hands with a clean towel or kitchen roll



Step 2: Wash your leg

- Carefully remove compression garments and old dressings
- Wash your leg in a bucket/bowl of warm water or in the shower using a cloth
- Gently cleanse the skin and remove any build-up of emollient
- Pat dry with a towel

Step 3: Cleanse the wound

Wound beds can contain debris and bacteria that need removing. If prescribed, use Debrisoft® Duo to gently clean the wound.

- Moisten the Debrisoft® Duo with a small amount of tap water
- Use for at least 2 minutes in small circular motions using either side of the pad as required
- Dispose of the pad after use



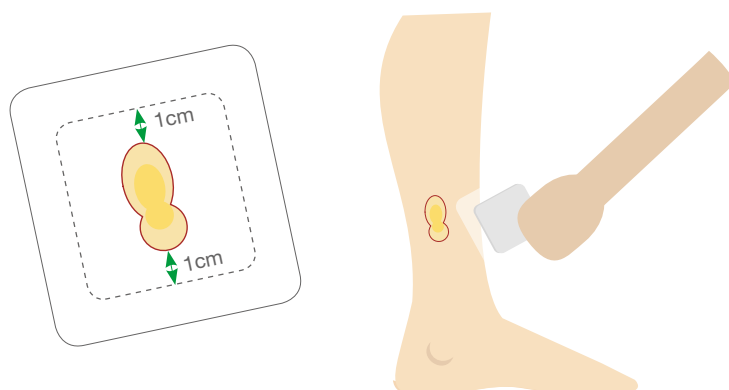
Step 4: Skin care

- If there is a build-up of dry or dead tissue on your leg, use a fresh Debrisoft® Duo in long sweeping strokes
- After you have finished using Debrisoft® Duo, apply an emollient to moisturise the skin in the direction of hair growth

Avoid picking at dry or dead skin, as this can cause breaks in the skin and slow healing

Step 5: Apply dressing

- Select a dressing recommended by your healthcare professional
- Remove all packaging before applying the dressing
- Remove the liner if the dressing has an adhesive coating
- Apply the dressing so there is a 1 cm gap between the edge of the wound and the edge of the dressing pad



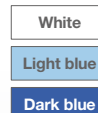
Step 6: Applying the compression garment - ReadyWrap® OR Activa®/ActiLymph®



ReadyWrap® Application

- Apply ReadyWrap® garments in the following order depending on what you have been prescribed: Toe > Liner/Comfifast stockinette > Foot > Calf > Thigh > Knee
- ◆ Ensure the calf garment overlaps the foot garment
- ◆ For all garments, pull the VELCRO® fasteners to full stretch before securing

- Fasten the ReadyWrap® by alternating between horizontal and vertical VELCRO® fasteners.
- Alternatively, follow the colour-coded order: white, light blue, dark blue, and repeat.



For full instructions, follow the patient information leaflet supplied in the packaging.

[Click here to access the application video](#)

Top Tip: Think “walk along the hall and up the stairs” to remember the VELCRO® fastening order

Activa® & ActiLymph® Hosiery Kit Application

Apply the silky closed toe liner first before the open toe compression top layer. To do this:

Step 1: Prepare the hosiery

Prepare the hosiery by turning it inside out using three steps:

- ◆ **Reach** your hand down inside the hosiery until you reach the heel
- ◆ **Pinch** the heel
- ◆ **Fold** the top of the hosiery down to turn it inside out, leaving the toe area tucked in

Step 2: Apply the hosiery

- ◆ Place your toes into the front of the hosiery
- ◆ Gently pull the hosiery over the foot

- ◆ Gather the hosiery from the top of the garment and pull it up towards the ankle and calf

Step 3: Adjust for comfort

- ◆ Smooth out any wrinkles
- ◆ Pull the toe section forward
- ◆ Check the ankle and instep areas are not wrinkled
- ◆ Make sure your toes are not restricted

Step 4: Apply the compression top layer

- ◆ Once the liner is in place, apply the compression top layer by repeating steps 1–3

[Click here to access the application video](#)

Contact a healthcare professional urgently or NHS 111 if you notice any of the following changes:

Red flags

- 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

Self-care checklist

- ☐ Checked for red flags
- ☐ Washed hands before starting
- ☐ Cleaned skin and wound as advised
- ☐ Applied dressing
- ☐ Applied compression

For further information contact our Customer Services team on **01283 576800** or email at **CustomerServices@UK.LRMed.com**

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

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

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