

Patient name: _____



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 movement
- 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

Signs of an infection according to NICE (<https://www.nhs.uk/conditions/leg-ulcer/symptoms>)

If you notice any of these red flags it is important to contact your healthcare professional immediately.

Name: _____ Tel: _____ Email: _____