



Welcome to Woundtech

Woundtech is an advanced wound care management company that specializes in treating patient's wounds wherever they reside. Whether at home, an Assisted Living Facility (ALF) or a Skilled Nursing Facility, Woundtech treats all wounds and helps patients heal faster.

Venous Ulcer

You have been diagnosed with a venous ulcer. Below is some information about your wound and how you play a very important role in the healing process.

What is a venous ulcer?

Venous Ulcers most commonly occur on the legs above the ankle. These types of wounds are caused when blood flowing to the legs does not flow back up to the heart. The blood pools in the veins and increases internal pressure. The area where the blood pools can become swollen with excess fluid. The combination of fluid build-up and excess blood in the vein can lead to an open sore on the skin, called a venous ulcer.

Signs and symptoms of a venous ulcer*:

- Leg swelling and/or cramping
- Dark red or purple patches on the skin
- Itching and thinning of the skin
- Open sore with a red base and uneven borders
- Surrounding skin may be tight or warm to the touch

*You may have experienced some or all of these common symptoms from your venous ulcer.

People at risk for venous ulcers*:

- History of blood clots in the legs (DVT)
- Smoking
- Obesity
- Lymphatic drainage problems leading to fluid build-up in the legs
- Family History
- Sitting or standing for long periods
- Advanced age

*Certain people are at higher risk for venous ulcers. If one or more of these conditions apply to you, your clinician will address your risk factors to ensure that you have the best chance of preventing your venous ulcer from reoccurring.

Treatment

Treating a venous ulcer requires the application of a compression (firmly wrapped) bandage around the leg to decrease the pressure in the leg veins, in addition to treating any open sores. It is important that you keep your wound and dressing clean and dry to prevent infection.

The following is your treatment plan:

Cleanse the wound with:

Circle one: Compression stockings Compression Bandages

Dressing changes _____ times per _____

Compression Therapy:

It is very important that you wear your compression stockings or bandages over the dressing as directed by your wound care provider EVERY DAY. Compression therapy can take some time to get used to, but it is a very important part of your treatment. You have the best chance of healing your wound by wearing the compression therapy prescribed by your clinician EVERY DAY.

If your clinician has prescribed **compression stockings** for you, here are some tips:

- Compression stockings are designed so that the pressure is strongest at the ankle and decreases as the stocking goes up.
- Once on, the stockings should be smooth against your skin without any folds or bunched up areas which may cause discomfort.
- They should not be painful. They should decrease the level of pain you experience from your wound. If you find that your compression stockings are causing you pain, notify your Woundtech clinician immediately.

If your clinician has prescribed **multilayer compression bandages** for you, here are some tips:

- Leave your compression dressing in place unless specifically instructed to change it by your Woundtech clinician.

Additional Tips:

- Compression wicks moisture away from your skin, so your legs may become dry and itchy. It is important to stay hydrated. Drink plenty of water and moisturize your skin as needed.
- Put your feet above your heart as often as possible. Try laying down with your feet elevated on pillows or furniture.
- Be as active as possible! Exercise can help improve blood flow and decrease venous pressure. Even moving your ankles to increase blood flow through your legs can help. You should avoid sitting or standing for long periods of time.

Woundtech is with you every step of the way to ensure that you heal properly.

Clinician: _____ Phone: _____

Patient Care Coordinator: _____ Phone: _____