

Caring for your leg during compression

Leg Ulcer Management Team Patient Information Leaflet

Introduction

Your leg ulcer clinic coordinator, nurse or health professional has put compression bandages on your leg(s). This leaflet gives you more information about what compression is, how to care for your leg and what to do if you have any problems.

What is compression?

Your nurse/health professional has applied firm compression bandages over your affected leg(s) to improve blood flow in the veins in your legs and treat swelling. The bandages are designed to squeeze your legs and encourage blood to flow upwards, towards your heart.

What are benefits of compression?

The compression bandages should reduce swelling in your leg(s), and help your ulcers or skin problems to heal.

How do I care for my leg?

The bandage system should feel firm but not tight. If your leg swells, the bandage will feel firmer – you still need to rest with your leg raised on a chair or bed. If you are at all concerned, contact your nurse/health professional or leg ulcer team for advice.

You will need to check your bandages and your feet regularly.

Tell your nurse/health professional if you have any of these problems:

- If your bandage slips or moves a lot (a little slippage can be normal as the swelling in your leg reduces).
- If you experience any unusual pain in your leg, or pins and needles or numbness.
- If your toes change colour (become blue or white) or you are in any way concerned about your circulation.
- If you have swelling on your toes, knees or thighs.
- If you experience any unusual shortness of breath or chest pain.

If you have any of these problems, you must also remove:

layer(s) of the bandage.

If you are unable to remove the bandage layers yourself, contact your nurse/health professional or GP surgery.

You will need to wear footwear that is not too tight. This is because tight footwear can push the bandage up the foot, causing more swelling, pain and soreness. Tight footwear can also rub around the heels and ankles.

Can I find out more?

You can find out more from the following website:

NHS Choices

<http://www.nhs.uk/Conditions/Leg-ulcer-venous/Pages/Treatment.aspx>

Leg Ulcer Management Team contact details

01384 321425 (9am to 5pm, Monday to Friday)

Leg Ulcer Management Team
Brierley Hill Health and Social Care Centre
Venture Way
Brierley Hill
DY5 1RU

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/patients-and-visitors/patient-information-leaflets/>

If you have any feedback on this patient information leaflet, please email patient.information@dgh.nhs.uk

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

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