



Healthy Leg Management Plan

For healed venous and mixed leg ulcers

Name:

NHS No:

Date of Birth:

Compression Garments (socks, stockings or wraps)

Compression socks, stockings or wraps are used to help you deal with the swelling in your legs. They support your veins and help your blood flow and reduces the swelling.

Your compression garment is:

Garment name/ manufacture:

Class:

Style:

Toe type:

Length:

Colour:

When to put your socks/stockings/wraps on:

When to take your socks/stockings/wraps off:

Remove the garment and seek medical help (e.g GP) if:

- Pins and needles feelings or numbness in the toes.
- Loss of colour in the toes.
- Any new pain or if your current pain is made worse.

Skin Care

You must moisturise your legs because, as we age, our skin gets drier. Dry skin on your legs increases the risk of infection.

Moisturising Cream/Ointment:

When to apply your Cream:

How to apply cream:



What to look out for on your leg

- New breaks, cuts or wounds on the skin.
- Signs of infection- pain and red skin which is hot to touch. The area of the redness is getting bigger. You may also experience a rise in temperature and feel unwell.

Bed rest/elevation

Putting your legs up can help to reduce swelling as it uses gravity to help drain the fluid. Your feet must be higher than your hips. You can do this by lying on a bed and putting your legs on pillows or cushions or by sitting down with your feet up.

When you should put your feet up:

How you should put your feet up:

Exercise

Foot exercises and walking help the calf and foot muscles pump blood towards your heart. This helps to pump fluid that's causing your swelling.

Exercises you should do:

How often you should do the exercises:

Follow Up

If you are wearing compression garments you must have them regularly replaced(see below) because they can stop working as well. At the same time, you should have your legs measured so that you get the correct size garment. You may require a Doppler test (a test of the blood flow) too.

Your next review due:

Your next review should include a doppler test: Yes No

To get your next review you need to:



Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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