

# Caring for your skin now your ulcer has healed

An information guide



# Caring for your skin now your ulcer has healed

Now that your leg ulcer has healed, it is important to continue caring for your skin and wearing the compression hosiery you have been prescribed in order to keep the ulcer healed. Your skin may be damaged if it becomes too dry or comes into contact with irritant substances.

## What can I do to help keep my skin healed?

### Washing

Use warm tap water. Pat dry. Ensure the spaces between your toes are thoroughly dried.

### Avoid

Hot baths, perfumed soaps, rubbing the skin and disinfectants.

### Moisturisers/Emollient

- Use the one recommended by your healthcare professional. Apply to freshly washed skin, in downwards strokes, twice daily or more often if the skin is dry.
- Avoid placing moisturiser/emollient in-between toes.
- Avoid over-the-counter products that may contain harmful ingredients. Ask your healthcare professional for advice on the best moisturiser or emollient.
- To prevent contamination of bacteria into the emollients please ensure that the dispenser is not damaged, if so discard. When removing emollients from tubs, please ensure that you use a clean utensil to avoid contamination from hands.

## **Look at your legs**

Inspect them daily. Contact your healthcare professional if any redness, irritation or a break in the skin occurs.

## **Avoid**

Scratching your skin, knocking your leg, hot sun, exposure to extreme cold and sitting too close to the fire.

## **Keep your skin healthy by eating a well-balanced diet consisting of:**

- **Protein** - for example meat, fish, dairy produce, soya, pulses (beans, lentils and peas).
- **Vitamin C** – for example vegetables and fruit.
- **Iron** – for example cereal, meat and dark green vegetables.
- **Drink plenty** of fluids during the day (unless advised otherwise by your GP).

## **Exercise**

Walking and doing foot and ankle exercises will help. Ask your healthcare professional for the leaflet 'Leg Exercises'.

## **Compression Hosiery/Kits**

If you have been given the compression stockings please continue to wear them. Your hosiery has been prescribed for you to help prevent recurrence of your leg ulceration. If you have any problems with your hosiery, please contact your health care professional. You should have already received the leaflet "Compression Hosiery/kits". If not please ask the healthcare professional providing your treatment.

## **Follow-up**

Always attend your appointments.

## **Further information**

If you think you may be developing another ulcer, contact your healthcare professional immediately. For further advice and information then please contact your appropriate healthcare professional.

**Telephone Numbers for each service:**

Telephone: .....

Single point of access number:.....

Locality:.....

**The Northern Care Alliance NHS Group**

Oldham Care Organisations

Vascular Service Clinic:

Telephone:

**Salford Leg Ulcer Services**

Salford Royal Foundation Trust

Stott Lane Salford,

Manchester, M6 8HD

email [cvt.team@nhs.net](mailto:cvt.team@nhs.net) or [tissue.viability@srft.nhs.uk](mailto:tissue.viability@srft.nhs.uk)

Tel: 0161 206 1700 community

Tel : 0161 206 2113 Acute

Fax : 0161 206 2654

**Further Advice**

If you have any concerns or question about the information in this leaflet, please feel free to contact the team that is seeing you and they can answer any query you may have.





**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**

**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

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The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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