Arterial Leg Ulcers

promoting healthy skin
Champions for Skin Integrity

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Exercise legs gently and often – try walking or ankle exercises (flexing, circling)

Have a podiatrist care for your feet

Protect your legs and feet – wear shoes that fit well and orthotics if needed

Keep legs warm – e.g. rugs, clothes – do not use a heat source near/on them

Keep yourself at a healthy weight

Control diabetes, lipids and blood pressure

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Do not smoke

Never put compression bandages or stockings on a leg with poor arterial supply

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Institute of Health and Biomedical Innovation
References:
Scottish Intercollegiate Guidelines Network, Diagnosis and management of peripheral arterial disease. 2006, Edinburgh: SIGN
National Clinical Guideline Centre, Lower limb peripheral arterial disease. NICE Guideline 147, 2012: London

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