

Venous Leg Ulcers



promoting
healthy skin

Champions for Skin Integrity



Wear compression **stockings** or socks. A stocking applicator can help put them on

Have your compression stockings **fitted** professionally

Replace stockings every six months or if damaged

Put your **feet up** (higher than your heart) 3-4 times each day for at least 15 minutes

Exercise regularly e.g. walking or ankle exercises

Moisturise your skin twice daily

Check your legs daily for any broken areas, swelling or redness, and see your health professional for regular check-ups





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