Venous Leg Ulcers

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.
References:
RNAO, Assessment and Management of Venous Leg Ulcers, 2004, RNAO: Toronto
AWMA, Australian and New Zealand Clinical Practice Guidelines for Prevention and Management of Venous Leg Ulcers, 2011, AWMA: Barton.ACT
SIGN, Management of chronic venous leg ulcers, 2010, SIGN: Edinburgh

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