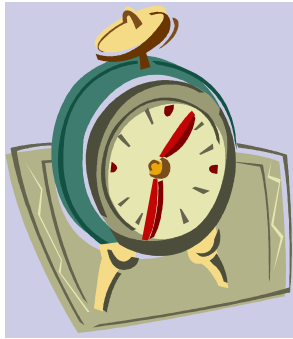


When do I need to have someone look at my wounds?

If you are suffering from the symptoms of venous insufficiency you may benefit from the advice of a professional trained in the care of this specific disease.



If you have a wound that you do not know how you got.

If you have a bruise that will not go away or keeps getting worse.

If your wound does not show significant signs of healing after 5-7 days.

If a wound keeps coming back in the same location.

ProCare Healing Centers, LLP

We have the answers you are looking for!

Insert Hospital Name or logo here



ProCare Healing Centers, LLP

6307 Waterford Boulevard
Suite 210
Oklahoma City, OK 73118

Phone: 405-608-0350
Fax: 405-608-0349
E-mail: procarehc.com

Copyright © 2006 ProCare Healing Centers, LLP,
and its subsidiaries

A Patient guide to Venous Insufficiency

**ProCare Healing
Centers, LLP**

Specializing in Outpatient Wound Care & Hyperbarics

What is Venous Insufficiency

Inside the veins in your legs, there are numerous one way valves that prevent the back flow of blood as it travels back to your heart. The calf muscles in your legs act as a pump to assist the return of this blood against gravity. People who suffer from venous insufficiency have valves that are failing and/or have inadequate pump quality from the calf muscle. This can be caused by a multitude of reasons including heredity, obesity, muscle atrophy, trauma and various systemic diseases. As this condition progresses, excess fluid is trapped in the tissues causing edema (swelling) and an ulcer may develop. The ulcers are irregular in shape, painful and typically drain large amounts of clear fluid. The skin around the ankles and lower extremities may develop a brownish discoloration. Swelling is usually worse in the evenings or when the legs are maintained in a dependent position.



What to look for & what to do

Characteristics of a Venous

Insufficiency Ulcer

- Swelling
- Discoloration of skin
- Extremely dry skin
- Irregularly shaped ulcers
- Large amounts of drainage

Steps you can take

- Elevate your feet above the level of you heart while sleeping and at least 2 times a day for 30 minutes
- Avoid situations that requires you to sit or stand for long periods of time, change positions regularly
- Take walks to help the leg muscles “pump” the fluid out of your legs
- Moisturize your skin daily to twice daily depending on your needs
- Wash your legs and feet regularly to prevent a build up of moisturizers on the skin
- Do not soak feet- this can cause vasodilatation of the blood vessels in the dependent position compounding venous insufficiency.
- Try to avoid activities that are likely to cause injury to the feet or lower extremities

Compression Therapy

Protect sharp corners on tables, chairs, etc...

Compression is the key

When the valves in your veins are failing or have failed and/or your calf muscles do not adequately “pump” the blood out of the extremities, you can supplement this action with the use of compressing stockings. These stockings should cover from the toes to the knees. There are numerous compression stockings over the counter or available with a prescription. Regardless of the type of stocking you have, the following rules should be followed:



- Apply the stockings in the morning before the fluids has pooled in the legs, ankles or feet.
- Have 2 pairs of stockings to change and launder daily. Hang to dry, do not put in dryer.
- Wear stockings all day and remove at night when going to sleep.



- Buy new stockings every 6 months to maintain the elasticity in the stocking
- Avoid ace bandages as these are difficult to wrap properly to provide the needed graduated pressure.