

Compression Therapy for Leg Ulcers

(For patients and carers under **West Suffolk GP leg ulcer clinics**)

If there are problems with healing this is usually because there are problems with the blood return from the leg to the heart. If there is a good blood supply to the legs, then your health care professional should offer compression therapy to improve the blood return.

Compression therapy improves blood return by applying pressure to the lower leg and is very effective at helping leg wounds heal faster, reducing swelling and preventing ulcers coming back.

This can be done by bandaging, compression hosiery (socks, stockings or tights) or by wrap systems. There are lots of different types of compression therapy so there will be something that suits you.

Compression can be a little uncomfortable when you first start treatment but should not cause you any pain. Any discomfort should reduce as the swelling goes down. If you do experience discomfort, talk to your health care professional and they will suggest ways to reduce the discomfort.

Here are some examples of compression systems and how to apply:

Compression Hosiery	Compression Wraps (commonly used examples)
<u>How to apply compression hosiery</u>	<u>Activa ReadyWrap</u>
	<u>Jobst Farrow Wrap</u>
<u>Hosiery Application Aid</u>	<u>Medi Circaid Juxtalite</u>