

THE CARLE WOUND HEALING AND LIMB PRESERVATION CENTER

is an outpatient program dedicated to healing patients with difficult-to-heal wounds. Such wounds are often the result of diabetes, circulatory problems, chronic infections or previous accidents.

A highly-skilled and specially-trained team of doctors, nurses and technicians staff the Carle Wound Healing and Limb Preservation Center. This team has advanced training and experience in healing difficult wounds.

The goals of the Center include the following:

- Healing your wound and keeping it healed
- Increasing your comfort and mobility
- Preventing infection
- Preventing amputation
- Helping you get your life back



Dr. Sanjiv Jain, medical director of the Wound Healing Center

Dr. Allan E. File, medical director of Hyperbaric Oxygen

CARLE WOUND HEALING AND LIMB PRESERVATION CENTER

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Schedule an appointment today
by calling (217) 326-HEAL (4325).
Or visit us online at
www.carlewoundhealing.com



Carle Foundation Hospital

In collaboration with Comprehensive
Healthcare Solutions, Inc.

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VENOUS STASIS ULCER

Patient Guide



Carle Foundation Hospital
Wound Healing and Limb Preservation Center

WHAT IS A VENOUS STASIS ULCER?

A venous stasis ulcer occurs when problems in the veins of the lower leg prevent blood from being effectively pumped back to the heart. The problem may be valve dysfunction, blockage, backward blood flow or failure of the calf muscles to pump. The blood pools in the lower leg, causing swelling, tissue damage and eventually, an open-sore wound.

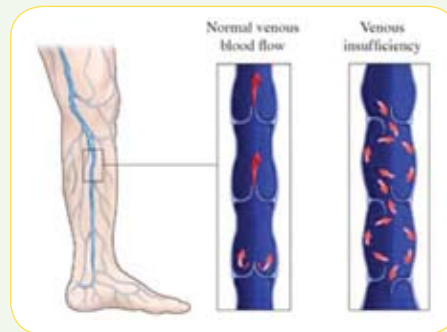
WHAT CAUSES A VENOUS STASIS ULCER?

The following increase your risk of developing a venous stasis ulcer:

- Lower leg swelling
- History of blood clot
- High blood pressure
- Previous surgery
- Standing or sitting for long periods
- Obesity
- Family history of venous stasis ulcers
- Varicose veins
- Leg trauma

HOW DO I KNOW IF I HAVE A VENOUS STASIS ULCER?

Venous stasis ulcers occur in the inner ankle region or on the lower leg, and although shallow, they may grow large in size. The edges of the wound are typically irregular in shape, and the skin surrounding the wound is often a dark reddish or purple color. They are typically painful to touch, and there may be a lot of drainage.



HOW IS A VENOUS STASIS ULCER TREATED?

Venous stasis ulcers are treated with compression therapy to decrease swelling and promote blood flow back to the heart. The Wound Healing Center team also uses special wound dressings that manage drainage and protect your skin. You may also be a candidate for advanced healing options, such as corrective surgery and bioengineered tissue grafts.

PREVENTION TIPS

Once you have an ulcer, your chances of developing them again are greatly increased. So prevention is critical. Here are some actions you can take to stay ulcer free:

- Wear compression hose prescribed by your physician
- Avoid crossing your legs
- Stop smoking
- Maintain ideal body weight
- Keep skin moisturized
- Do not stand or sit for long periods of time
- Take short walks throughout the day, if tolerated
- Inspect lower leg skin daily, and report any breaks in skin to your physician
- Take all medications as prescribed
- Flex feet and ankles while sitting or standing to exercise calf muscles
- Elevate legs above the level of your heart if they are swollen or painful

