How should you care for your skin?

- Wash with mild soap and warm water
- Apply moisturizers to prevent dryness
- Use electric razor to shave legs
- Do not put anything into an open wound that is not prescribed by your physician

Don’t Forget...

- An ischemic ulcer limits the blood supply to your lower legs. Excess cold, smoking and high blood pressure also contribute to decreased blood supply to the lower legs
- Do not use heating pads
- Inspect your lower legs and feet daily

- Leave shoes/slippers next to your bed so that you don’t walk barefoot
- Wear shoes/boots that will protect your feet from the cold
- Protect your legs from injury

You should also call the Wound Center Staff if any of these sudden changes occur:

- Numbness
- Loss of movement
- Change in color of lower legs
- Increased pain at the ulcer site

(If any of these occur AFTER clinic hours, go to an Urgent Care Center or Emergency Room nearest to you)

This booklet is not intended as a substitute for professional medical care.
Ischemic Ulcer:
A wound caused by inadequate blood supply to the skin and surrounding tissue that causes death to the cells

**Ischemic Disease causes:**
- Pain in the lower leg while walking that is relieved by rest
- Pain in the lower leg when lying in bed
- Loss of hair on the leg and foot
- Thickening of toenails, blackening of toes
- Cold feet

**Causes:**
- History of high blood pressure
- History of diabetes
- History of arteriosclerosis (hardening of the arteries)
- History of smoking
- Raynaud’s disease

**Help from the Wound Center:**
- Trained professionals to care for your wound
- Complete wound evaluation
- Diagnostic testing
- A treatment plan made for you
- Education on wound treatment and prevention of new wounds

**Your first center visit:**
- History and physical
- Testing for feeling, blood flow and oxygen supply to the feet
- Examination of the wound
- Possible removal of dead tissue
- Education on how to care for your wound at home
- Further testing if needed

**Follow up visits:**
- Reexamination of your wound
- Review of test results
- Removal of dead tissue
- Continuing education

**How can you help?**
- DON’T Smoke
- Exercise as directed by your physician

**You should call the Wound Center staff if you experience:**
- Increased pain around the wound
- New redness, blisters, or sores on either foot
- Redness or swelling around or spreading away from the wound
- Foul odor coming from the wound
- Any change in color or amount of drainage from the wound
- Fever or chills
- Nausea or vomiting