

Getting in touch with CityCare

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If you would like this information in another language or format such as larger print, please contact: **0800 561 2121**

اگر آپ کو یہ معلومات کسی اور زبان یا صورت میں جیسا کہ بڑے حروف میں درکار ہو تو برائے مہربانی اس نمبر پر رابطہ کیجئے: **0800 561 2121**

Jeżeli życzy sobie Pan/Pani otrzymać niniejsze informacje w innym języku lub formacie, takim jak duża czcionka, należy zadzwonić pod nr tel.: **0800 561 2121**

در صورت تمایل به داشتن این اطلاعات به زبانی دیگر یا فرمی دیگر، به طور مثال، چاپ بزرگ تر، لطفاً با شماره تلفن: **۰۸۰۰۵۶۱۲۱۲۱** تماس بگیرید

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Arterial Leg Ulceration

Information leaflet for patients



NHS

Leg ulcers are common in the general population. A leg ulcer is a wound on the lower leg that is slow to heal. It can vary in size and depth, and may cause pain, irritation, leakage and odour.

There are different causes of leg ulceration; this leaflet is designed for people with arterial leg ulceration.

Normal flow of blood through your legs

Blood from the heart flows down the legs through arteries, then travels through the skin via capillaries and is returned to the heart by veins.

A good blood supply through the arteries is essential to carry oxygen and nutrients to the skin and muscles of the legs to keep them healthy.

What causes arterial leg ulcers?

Poor circulation can be caused by narrowing or blockage of an artery (arteriosclerosis). This is a natural ageing process but may be made worse by factors such as smoking, high blood pressure, a history of heart disease, obesity, diabetes and a high fat diet.

You then may have a traumatic injury to your leg or foot and the wound will struggle to heal as the arteries are unable to supply blood to the wound. The oxygen and nutrients it required for healing cannot reach the wound due to blood vessels being narrow or blocked.

What can be done to help?

Medical treatment

Your GP may refer you to see a vascular surgeon at the hospital who specialises in treating blocked and narrowed arteries. A surgical procedure may be recommended to improve the blood supply to a narrowed or blocked blood vessel.

Pain control

Arterial leg ulcers can be painful, you need to discuss the pain you are experiencing with your nurse and GP so that the most appropriate treatment can be prescribed to help with this.

Dressings

Your nurse will apply an appropriate dressing and sometimes a support bandage to your leg, the treatment may well change as your ulcer progresses. Do not interfere with your dressings or bandages, if you have any concerns about your dressing or bandage please contact your nurse for advice.

Exercise

Try to maintain some gentle walking to help improve the circulation in your legs.

Stop smoking

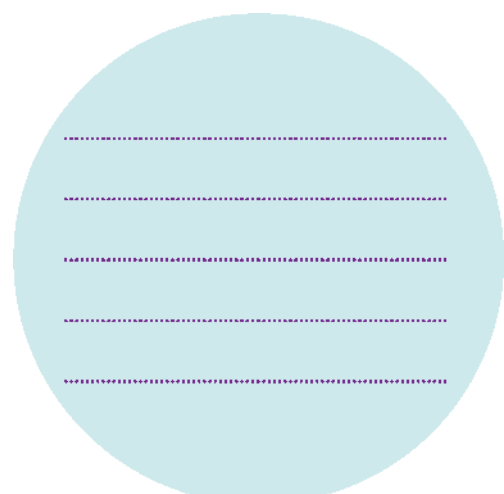
Smoking increases the narrowing of the arteries, if you stop smoking this process can be slowed down.

Your nurse or GP can provide details of where you can obtain help to do this.

Diet

Eat a healthy well balanced diet.

Clinic or Nurse Contact:



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