



LEG ULCERS - COMPRESSION THERAPY FOR PATIENTS/CARERS

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COMPRESSION THERAPY

If there are problems with a leg ulcer 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 healthcare 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 healthcare professional and they will suggest ways to reduce the discomfort.

Here are some examples of compression systems, each with a **link to a video** showing how to apply:

COMPRESSION HOSIERY	COMPRESSION BANDAGING	COMPRESSION WRAPS
How to apply compression hosiery	Actico	Activa ReadyWrap
Actiglide Aid	3M Coban 2-layer	Jobst Farrow Wrap
	Smith & Nephew Profore (4 layer) bandaging	Medi Circaid Juxtalite
	Urgo K-Two	

Based on a document produced by the National Wound Care Strategy Programme. Accessed from their website <https://www.ahsnetwork.com/patients-and-carers> on 14 April 2020.



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