KERRY SKIN CLINIC
SKIN, HAIR + NAILS SPECIALISTS

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ADVICE FOR PATIENTS WITH VARICOSE ULCER

- Don't stand for long periods
- Whenever possible, sit or lie down with your leg elevated
- Take exercise regularly
- If unable to walk, exercise your calf muscles by bending your ankle up and down for five minutes every hour while your leg is elevated
- Don't wear garters or stockings which have tight elasticised tops
- If overweight, lose some pounds
- Don't smoke
- When your ulcer is healed, wear medical compression stockings which have been recommended by your doctor
- Put these stockings on before getting out of bed in the morning and only take them off last thing at night when you are getting into bed
- Do no rub anything onto the skin on your legs or ulcers unless it has been recommended by your doctor
- Emulsifying ointment or Paraffin gel rubbed downwards is a safe moisturiser and can be used as a soap substitute
- Eat a healthy balanced diet with plenty of lean red meat, oily fish, green leafy vegetables, and fresh fruit.
- Take 1 gram of Vitamin C per day eg: "Rubex Vit. C"
- Take one capsule of "7 Seas extra strength Cod Liver Oil one-a-day".

For more information:

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