

Venous Leg Ulcers



promoting
healthy skin

Champions for Skin Integrity



Wear compression **stockings** or socks. An aid (applicator) can help put them on

Have your compression socks or stockings **fitted** professionally

Replace stockings every six months or if damaged

Put your **feet up** higher than your heart regularly

Exercise regularly e.g. walking or ankle exercises

Moisturise your skin twice daily

Check your legs daily for any broken areas, swelling or redness, and see your health professional for regular check-ups





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