

Venous Leg Ulcers



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



- ✓ Have your compression stockings/socks fitted professionally



- ✓ Replace stockings/socks every six months or if damaged



- ✓ Put your feet up regularly

- ✓ Moisturise dry skin twice daily

- ✓ Check your legs daily for any broken areas, swelling or redness



- ✓ See your health professional for regular check-ups



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