

Arterial Leg Ulcers



promoting
healthy skin

Champions for Skin Integrity



Exercise legs gently and often – try walking or ankle exercises (flexing, circling)

Have a **podiatrist** care for your feet

Protect your legs and feet – wear shoes that fit well and orthotics if needed

Keep legs **warm** – e.g. rugs, clothes – do not use a heat source near/on them

Keep yourself at a healthy **weight**

Control diabetes, lipids and blood pressure



Do not **smoke**

Never put **compression** bandages or stockings on a leg with poor arterial supply

TIP SHEET



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