



Care of your skin

You have been given this leaflet as you may be at risk of developing skin problems on your legs - you may previously have had an ulcer.

Skin care

Your skin provides many functions including temperature regulation and protection. It is important to maintain your skin in a healthy condition to reduce the risk of infection.

What do I look for?

Colour: Report any unusual changes.

Nails: Cut appropriately and avoid leaving any sharp edges. See a chiropodist if necessary.

Scratches/blisters: Report any skin damage or blisters as soon as possible.

Hot/Cold: Does your skin feel unusually hot or cold? Report if concerned.

Moist: If your leg is swollen, water may leak through the skin. Tell your nurse if this happens.

Dry/flaky: If you have not been prescribed or recommended a suitable emollient for dry skin please ask the person providing your treatment.

What can I do to help?

Hygiene

- Pay particular attention to cleansing and avoid perfumed soaps.
- Dry very carefully paying particular attention to skin folds and between toes
- If your skin is dry and flaky regular use of your emollient is important.
- Bedtime is a good time to apply your emollient if you remove your hosiery at night
- Always wear footwear and avoid walking barefoot.
- Seek advice promptly for any cuts, grazes, blisters or bruises.



When to seek advice

- If your leg becomes unusually hot or more swollen.
- If your leg becomes more swollen - don't attempt to put on your compression hosiery.
- If you want to shave your legs.
- Use a good repellent and avoid insect bites where possible. Treat insect bites promptly and seek advice.

What may contribute to dry skin?

Dehydration: Try and make sure you drink at least 1 litre of water a day

Smoking: Avoid if possible. Seek advice for help on stopping smoking

Skin exposure to direct sunlight: Protect your limb from the sun. If you remove your hosiery in the sun use a good sun block.

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

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