



Your leg ulcer problems solved

Our Daylong expert provides advice on dealing with problems associated with venous leg ulcers. If you have a question, please write to us at editorial@daylong.co.uk, and we will try to help

Q. Why do I need to keep a dressing on my leg ulcer? Won't it heal more quickly if I let the air get to it?

A. It's good to use a dressing for a few reasons. First, it provides a barrier between your wound and the environment, helping to protect it from infection. Second, the dressing will absorb any fluid your wound produces, helping to protect your skin from becoming too moist which can make it more susceptible to damage and infection, and cause increased pain. The dressing will also prevent your wound from sticking to any compression bandaging or garment you are wearing, helping to protect delicate healing tissue and keeping your compression product cleaner for longer. The dressing you use should be appropriate for your stage of wound healing. For example, a thin film dressing can be used for a shallow almost healed wound. If the skin surrounding your wound is fragile, a dressing containing silicone may avoid causing damage to the skin as may happen with some adhesives.

Q. I am wearing multi-layer compression bandaging but am really missing my daily shower. I really feel like cutting the bandages off as I am not due to have them changed for a few more days.

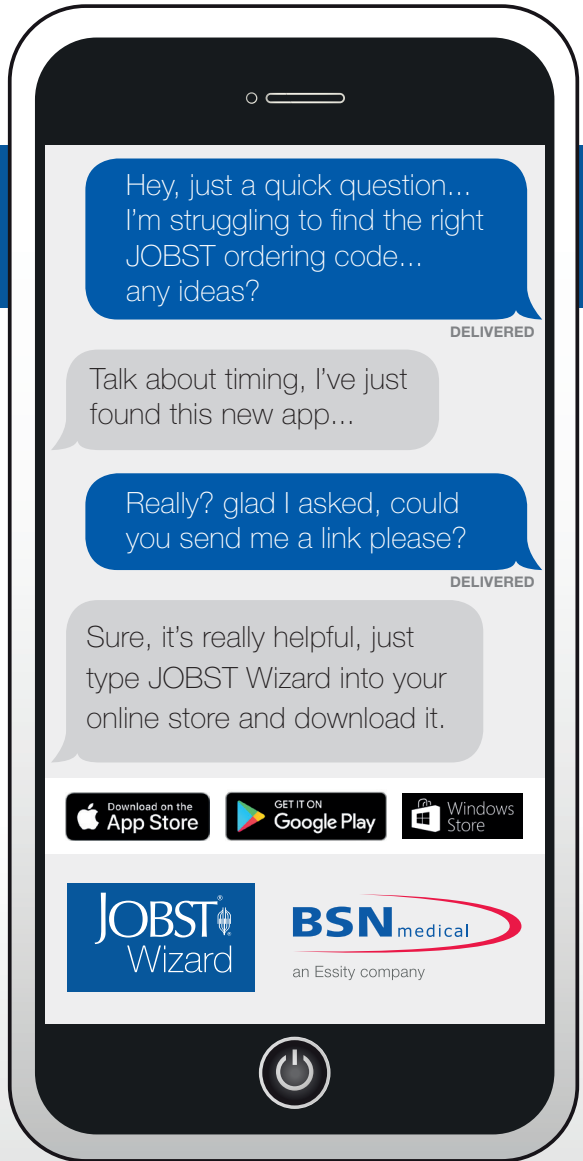
A. As you know, compression therapy is vital for healing your leg ulcer. Bandaging is usually used when the limb is swollen and/or a very large wound is present. In both cases, padding can be used to restore a cylindrical limb shape before bandaging is applied over the top, to ensure compression is delivered correctly. However, this can have the disadvantage of you having to wear it for several days and nurse visits to change the bandaging, removing some of your independence. Remember, bandaging is only used until your limb is ready for the next phase of compression. Once swelling is reduced and your wound is smaller, and providing your limb is cylindrical in shape, you could use a compression hosiery kit, garment or wrap which will allow you to apply and remove as and when you like, for activities such as showering and bathing. Discuss these options with your clinician.

The advice given here is for commonly encountered venous leg ulcer problems and is in no way prescriptive. If you are concerned or unsure in anyway, please seek expert advice. It is advisable to undergo a thorough clinical assessment to make treatment choices that are suitable for you.

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