

## Tissue Viability Service

**0300 330 5777\***

**bromh.cccpod2@nhs.net**

### Recommended Skin Care regime:

Wash legs with warm (not hot) water and:

\_\_\_\_\_

Emollient to be applied daily: \_\_\_\_\_

\_\_\_\_\_

Other recommended products: \_\_\_\_\_

\_\_\_\_\_

### Compression hosiery: (if prescribed)

Make: \_\_\_\_\_

Class: \_\_\_\_\_

Size: \_\_\_\_\_

Style: \_\_\_\_\_

### Tips:

**Use a moisturiser that you like, it is ok to buy your own.**

It is ok to wash with Aqueous Cream but avoid using it as a moisturiser as it contains an additive (sodium lauryl sulphate) known to cause dryness and irritation.

**KEEP AWAY FROM FIRE** if using paraffin containing products due to risk of ignition.

Remember to wash compression garments according to manufacturers instructions and replace hosiery every 3-6 months as garments will eventually lose their elasticity.

\*Calls charged at local rate

**Bromley  
Healthcare**  
better together

The Tissue Viability service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley, Bexley, Croydon, Greenwich and Lewisham.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

### Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court  
1 Knoll Rise  
Orpington BR6 OJA

**020 8315 8880**

[bromh.feedback@nhs.net](mailto:bromh.feedback@nhs.net)

**[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)**

Bromley Healthcare Community Interest Company Ltd  
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**NHS**



**Keeping your legs  
healthy at home**

**Bromley Tissue Viability Service**

## Inspect your skin daily

Inform your District Nurse if you develop any wounds or blisters on your legs.

Early assessment, diagnosis and treatment can prevent the problem from becoming more serious.

**If you don't have a District Nurse speak to your GP, Practice Nurse or drop in to your local Leg Club for support, advice and treatment.**

## Wash and cream your legs

Emollients are moisturisers (in the form of lotions, creams, gels or ointments) applied to the skin to keep it healthy and hydrated.

Dry skin feels itchy and uncomfortable. It may appear red, flaky, rough or scaly and is more likely to crack, increasing your risk of infection and ulceration.

Wash and cream your legs daily with the recommended emollient to help lock in moisture and keep your skin hydrated.

Avoid using soaps or shower gel.

**Apply the emollient in downward strokes. This prevents the pores from becoming blocked. If you find this difficult, ask a carer to help.**

## Eat well and Stay hydrated

Excess weight leads to high pressure in the veins in your legs causing leg swelling and skin damage. If you are overweight, losing weight can help treat and prevent leg ulcers.

Eat a healthy balanced diet and drink at least 1 litre of water a day to keep your skin hydrated.

Smoking can reduce the moisture content of the skin and accelerate the ageing process

## Leg Elevation

Sleeping in bed at night and elevating your legs when you are sitting will help reduce the pressure on your veins and relieve swelling in your legs.

Elevate your legs daily to hip height in a reclined position by:

- Using a recliner chair if you have one.
- Using a stool or pouffe with pillows to support.
- Going back to bed in the afternoon for a couple of hours.

**Avoid resting your heels on anything that could cause soreness and pressure damage.**

## Exercise

Keeping active is very important. Regular walking is good for the circulation in your veins. It causes the calf muscle to squeeze the veins and pump blood back towards the heart.

Avoid long periods standing still or sitting with your legs down as this causes the blood to pool in the legs.

**When sitting elevate your legs, rotate your ankles, flex and extend your feet and wriggle your toes.**

These exercises will get your calf muscles working.

## Compression Hosiery

If you have a healed venous leg ulcer you should be prescribed compression hosiery in the form of support stocking or socks.

Apply your hosiery in the morning before you get up as your legs will begin to swell when you are out of bed.

Compression hosiery is safe to leave on at night if comfortable.

**Not wearing your hosiery as advised will put you at risk of developing further leg swellings or causing your healed ulcer to reoccur.**