

HEALERS' NOTES

What are ischemic ulcers?

These are wounds caused by inadequate blood supply to the skin and surrounding tissue that causes death to the cells.

Causes of poor blood supply:

- History of high blood pressure
- History of diabetes
- History of arteriosclerosis (hardening of the arteries)
- History of smoking
- Raynaud's disease

Symptoms of ischemic disease

- Pain in the lower leg while walking that is relieved by rest.
- Pain in the lower leg while lying in bed.
- Loss of hair on the leg and foot.
- Thickening of toe nails, blackening of toes.
- Cold feet.

Your Wound Healing Center is a resource for the care and maintenance of your wounds and feet.

You'll see trained professionals who will care for your wound. Your wound will be evaluated completely, including all diagnostic testing. Your treatment plan will be developed. You'll be given information about the treatment of your wound and how you can prevent new wounds.

What will happen during my first visit?

- We'll examine you physically and ask about your personal and family medical history so that we can develop a plan of care just for you.
- We'll check your feet by testing for feeling, blood flow, and oxygen supply to them.
- We'll examine your wound.
- We might remove any dead tissue in and around the wound.
- We'll teach you how to care for your wound at home.
- We'll schedule further testing, if it's needed.



Hyperbaric Medicine and Wound Healing Center
1761 Beall Avenue Annex
Wooster, OH
Phone: 330-263-8750
Fax: 330-263-8752
www.woosterhospital.org

HEALERS' NOTES

Remember:

- **An ischemic ulcer limits the blood supply to your lower legs.** Excess cold, smoking, and high blood pressure also contribute to decreased blood supply to lower legs.
- **Do not use** heating pads.
- **Inspect** your lower legs and feet daily.
- **Leave** shoes or slippers next to your bed so that you don't walk barefoot.
- **Wear** shoes or boots that will protect your feet from the cold.
- **Protect** your legs from injury.

Caring for your skin

- **Wash** with mild soap and warm water.
- **Apply** moisturizers to prevent dryness.
- **Use** an electric razor to shave legs.
- **Do not put** anything in an open wound that is not prescribed by your doctor.

What about follow up visits?

Each time you come to the Wound Healing Center, we'll re-examine your wound to see what progress has been made. We'll review your test results and remove any dead tissue. We'll also answer any questions you have about how to care for your wound or what's going to happen next.

How can you help?

The best things you can do are to:

- Stop smoking.
- Exercise as directed by your physician.
- Follow the diet prescribed by your doctor.
- Eat well-balanced, low-fat meals.
- Take your medications as prescribed.

Call the Wound Healing Center if you notice:

- Increased pain at the wound site.
- New redness, blisters, or sores on either foot.
- Redness or swelling around the wound or spreading away from the wound.
- Foul odor coming from the wound.
- Any change in color or amount of drainage from the wound.
- Numbness or loss of movement.
- Change in color of lower legs.
- Fever chills; nausea or vomiting.

If any of these occur after clinic hours, go to an Urgent Care Center or Emergency Room near you.