



Understanding Arterial Ulcers

A Guide to Healing and Prevention

What Is an Arterial Ulcer?

An arterial ulcer is a wound caused by poor blood flow (circulation) to the lower legs or feet. This happens when arteries become narrowed or blocked, usually due to peripheral artery disease (PAD). Without enough blood flow, the tissue doesn't get the oxygen it needs to heal.

Why Are They Serious?

- These ulcers heal slowly or not at all without proper treatment
- High risk for infection or tissue death (gangrene)
- May require surgery or other medical intervention if severe

Signs to Watch For

Call your healthcare provider if you notice:

- Pain in the legs or feet, especially when walking or lying down
- Wounds on toes, feet, or ankles that won't heal
- Pale, cool, or shiny skin around the wound
- Black or dead tissue around the edges
- Weak or absent pulse in the foot

How to Care for Your Wound at Home

- ✓ Keep the wound clean and dry
- ✓ Follow all wound care and dressing instructions
- ✓ Avoid injury or trauma to the area
- ✓ Elevate legs only if advised by your provider
- ✓ Take medications as prescribed (blood pressure, cholesterol, etc.)

Do NOT:

- ✗ Use compression unless directed by a provider
- ✗ Smoke — it worsens circulation
- ✗ Ignore new or worsening symptoms



How We Help You Heal

Our wound care team will:

- Monitor your wound regularly
- Apply specialized dressings that support healing
- Coordinate with vascular specialists if needed
- Educate you on foot protection and circulation care
- Help manage underlying conditions like diabetes or PAD

Tips to Prevent Future Ulcers

- Manage chronic conditions like diabetes and high blood pressure
- Avoid tight shoes or walking barefoot
- Stop smoking if you do
- Keep feet clean and moisturized
- Get regular check-ups with your doctor

Questions? Call Us Anytime

Accelerated Wound Care
2720 S. River Rd.
Suite 256
Des Plaines, IL. 60018
Main: 844-292-5708
Fax: 224-361-2616
Website: awcillinois.com

We're here to support your healing journey!

Disclaimer:

This information is provided for educational purposes only and is not intended to diagnose, treat, or replace professional medical advice. Always consult your healthcare provider for personalized care and if you have any concerns about your health or wounds.