



Understanding Venous Ulcers

A Guide to Healing and Prevention

What Is a Venous Ulcer?

A venous ulcer is a wound that develops when veins in the legs do not return blood properly to the heart. This causes blood to pool and pressure to build in the veins, leading to skin breakdown and ulcers, usually around the ankles.

Why Are They Serious?

- Can cause pain, swelling, and skin changes
- May become infected if not cared for
- Healing can be slow without proper treatment

Signs to Watch For

Call your healthcare provider if you notice:

- Swelling or heaviness in the legs
- Open sores or wounds, especially near the ankles
- Redness, warmth, or drainage from the wound
- Dark or thickened skin around the ulcer
- Pain or itching in the area

How to Care for Your Wound at Home

- ✓ Keep the wound clean and covered
- ✓ Elevate your legs above heart level when resting
- ✓ Wear compression stockings as prescribed
- ✓ Follow dressing and medication instructions
- ✓ Maintain a healthy diet and stay active

Do NOT:

- ✗ Remove compression stockings without approval
- ✗ Ignore signs of infection or worsening wound
- ✗ Smoke, as it delays healing



How We Help You Heal

Our wound care team will:

- Clean and monitor your wound regularly
- Apply specialized dressings and compression therapy
- Educate you on leg elevation and skin care
- Coordinate with your doctor for overall vein health
- Support lifestyle changes to improve circulation

Tips to Prevent Future Ulcers

- Wear compression stockings daily as advised
- Avoid standing or sitting for long periods
- Elevate legs when possible
- Exercise regularly to improve circulation
- Maintain a healthy weight and diet

Questions? Call Us Anytime

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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.