



**MICHAEL J. BAKER, D.P.M.**

**JASON D. GRAY, D.P.M.**

**GREGORY W. BOAKE, D.P.M**

**JESSICA R TAULMAN, D.P.M**

#### **BFS BUSINESS OFFICE**

P O BOX 330.  
Fortville, IN 46040-0330  
Tel 317.863.2556  
Fax 317.203.0420

#### **COMMUNITY FOOT & ANKLE CENTER**

1221 Medical Arts Blvd.  
Anderson, IN 46011  
Tel 765.641.0001  
Fax 765.641.0003

#### **EAST FOOT & ANKLE CENTER**

161B Washington Point Dr.  
Indianapolis, IN 46229  
Tel 317.898.6624  
Fax 317.898.6636

#### **FOOT & ANKLE AT WESTVIEW HOSPITAL**

3520 Guion Rd., Ste 102  
Indianapolis, IN 46222  
Tel 317.920.3240  
Fax 317.920.3243

#### **MARION FOOT CENTER**

330 N. Wabash Ave, Ste 460A  
Marion, IN 46952  
Tel 765.664.1413  
Fax 765.965.6530

#### **BAKER FOOT SOLUTIONS SATILLITE FOOT CLINICS**

##### **BROWNSBURG**

Tel 317.920.3240  
Fax 317.920.3243

##### **GEIST FAMILY PRACTICE**

Tel 317.898.6624  
Fax 317.898.6636

##### **NEW CASTLE**

Tel 765.664.1413  
Fax 765.965.6530

##### **SPEEDWAY**

Tel 317.920.3240  
Fax 317.920.3243

## **Management of Venous Insufficiency beyond the Healing of your Wound**

Your wound has healed. Great you're good to go! No managing venous Insufficiency is a lifelong challenge. Compression therapy, even when you do not have an open wound or ulcer, is necessary for your **LIFETIME**. The purpose of compression therapy is to put enough pressure around your leg to control the pressure of the fluid and blood leaking from your damaged veins. Compression therapy will help prevent swelling in your leg. Controlling the swelling can help prevent venous leg ulcers.

**\*\*\*IMPORTANT\*\*\*\***

**Replace Compression stockings every three months or if they tear or run to maintain compression**

Call the podiatrist when:

- ❖ You develop an ulcer or wound
- ❖ Notice any changes in the size of your leg(s).
- ❖ The compression stockings no longer fit
- ❖ A red rash appears on either or both legs.
- ❖ The leg(s) start to itch and nothing relieves the itching
- ❖ Drain or weeping starts up on either leg

**What you can to do to help prevent an ulcer from happening again!**

Venous insufficiency does not go away so it is up to you to take measures to prevent future ulcers. There are several things you can do to help keep your legs healed:

- Always wear compression stockings as ordered to relieve symptoms and prevent worsening of conditions
- It is easier to put on stockings before legs swell so put on the stockings before getting out of bed
- Stop Smoking
- Control weight gain
- Have good nutrition habits
- Elevate your legs above the level of the heart when relaxing or sleeping
-

**Exercise:**

- Brisk walking 30 minutes twice a day
- Ankle flexions 5-10 times every 30 minutes throughout the day
- Tiptoe exercises
- Chair bond - move to a rocking chair and use your feet to propel you, this will exercise your calf muscles to help pump fluid out of your legs

**Practice good skin care:**

- Wash with mild soap and warm water
- Apply doctor recommended moisturizers to prevent dryness
- Shave only with an electric razor

**Avoid:**

- Prolonged standing
- Sitting with your legs down
- Crossing your legs
- High heels
- Trauma to your legs