Leg Ulcers

Your exam shows you have an ulcer on your leg. Leg ulcers come from injury, problems with the veins or arteries, diabetes, spider bites, or bed sores. Leg ulcers tend to get infected and are difficult to treat. It may be a month or longer before real progress at healing is made.

The treatment of leg ulcers is a long-term problem. Measures include:

- **Rest and elevate** the affected leg as much as possible.
- **An elastic wrap, support hose, or gel cast** should be worn over the ulcer area to provide counter pressure and reduce swelling.
- **Burrow's solution wet packs** applied for 30 minutes three times daily and topical antibiotics help prevent secondary infection. (Avoid Neosporin and triple antibiotic cream.)
- **Antibiotics** if there is infection.

To prevent further problems, you should be very careful to avoid injuries to your legs and see your doctor right away if you have an ulcer or infection of your skin.

- Take 1 aspirin daily with food (if you tolerate aspirin and it is okay with your caregiver).
- Take 1 multivitamin daily.
- Avoid rubbing too many creams and salves on your skin. Stick with a few good ones such as Vaseline, Cetaphil or Eucerin.

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