Stasis Ulcers

Your exam shows you have a stasis ulcer. These ulcers occur on the leg. They develop due to poor venous drainage and increased pressure in the tissues. At first there is a discolored or red, itchy patch, which breaks down, often from scratching. An ulcer can then develop, especially if the area gets swollen and infected. **You can often prevent stasis dermatitis and ulcers by using support hose and keeping your feet and legs from getting swollen.**

Once an ulcer has formed the treatment may include antibiotics for infection control, antihistamines for itching, and diuretic medicines to reduce swelling. Medicated soaks, dressings, and wraps can also be very helpful. Elevate your leg and do not rub or scratch the open area because this can delay healing and cause infections. **See your doctor for follow-up within 1-2 weeks or right away if the ulcer area becomes more painful, swollen, red, or warm, or has pus drainage**.

Document Released: 01/25/2006 Document Re-Released: 03/14/2011
ExitCare® Patient Information ©2011 ExitCare, LLC.