



Lowe Plastic Surgery (LPS)

EXTREMITY VENOUS STASIS ULCER CARE INSTRUCTIONS

1. **Supplies Needed:** Soap (Dove or Lever 2000 unscented), Tap Water, Vaseline, Telfa (non-adherent dressing), Jobst Hose Compression garment.
2. **Wound care:** An open wound or venous stasis ulcer is not sterile. When cleaning a non-sterile wound it is important to use good hygiene by washing your hands first and using non-sterile gloves when others are dressing the wound. The wound care sequence:
 - Once a day clean the wound with soap and water, gently pat dry. (Avoid soaking in bath or dishwasher). Gently remove old creams or ointments and debris.
 - Apply Vaseline or other ointment as instructed to wound in a light layer.
 - Apply an non-adherent dressing like Telfa (Adaptic, Vaseline gauze) if instructed
 - Place the clean liner gently over the wound.
 - Place the Jobst Hose device over the wound and position properly and zip when applicable.
 - Keep the extremity elevated while in bed and as much as possible when in a chair.
 - Walking is encouraged as long as the stocking is in place
3. **Jobst Hose Care:** The hose and liners should be properly maintained and cleaned.
 - Patients need a minimum of two hose per leg
 - The hose should be washed weekly and when soiled
 - The liners should be washed with every wound change
 - New hose are required every 3-4months in most cases
 - The salesman should provide information on maintenance and care
4. **Re-evaluation:** After the wound has been properly cared for it will be re-access to see if any other procedures are required. Most venous stasis ulcers will heal without surgery. Further recommendations may include:
 - Local debridement
 - Change in wound care or medications
 - Wound clinic referral
 - VAC Application – suction wound device
 - Skin grafting
 - Surgical Reconstruction with regional or distant flap
 - Re-vascularization procedures
 - Hyperbaric Oxygen treatments
 - Secondary referrals
5. **Individualized care:** Venous stasis ulcer management must be individualized. Each patient has different conditions and concerns that impact the options for care such as age, health, nutrition, location, and complexity. There are times when surgery is the only solution or may be contra-indicated. Please notify your physician:
 - Significant bleeding that does not stop after 15 minutes of continuous pressure
 - Wound becomes significantly red, swollen, hot, or is significantly oozing
 - You develop a persistent fever over 101.5 F°
 - Severe pain not controlled by medications

PSDA PHONE NUMBER: (405) 942-4300

- Please call for all biopsy results if you have not heard from us within 2 weeks.
- Please feel free to call us at any time if you have questions or problems.