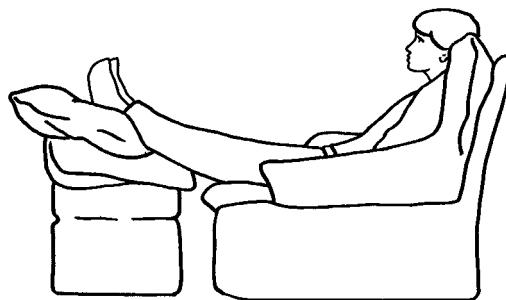
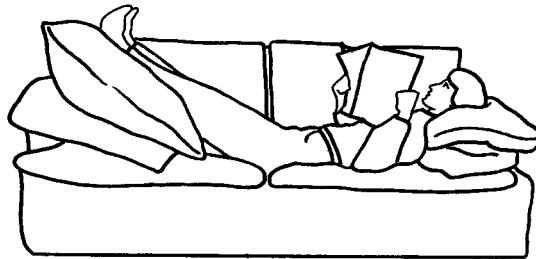


***What affects healing?***

- Swelling of the legs will slow healing. Swelling can be reduced by:  
Support stockings, tights or bandages reduces swelling and may heal ulcers and prevent new ones developing.  
Raising the legs above the level of the heart reduces leg swelling and quickens healing.



- Walking helps healing . Standing still slows healing.
- Weight control. If you are overweight -try to lose weight.
- Scratching. The skin of the legs is fragile. Take good care of it.
- Extremes of temperature. Avoid cold or excessive heat from a fire or hot water bottle.
- Smoking. Try to stop!

***What if there is bleeding from the ulcer or vein?***

- Raise the legs above the heart to stop the bleeding.