An ischemic ulcer limits the blood supply to your lower legs. Excessive cold, smoking and high blood pressure also contribute to decreased blood supply to the lower legs.

Do not use heating pads.

Inspect your lower legs and feet daily.

Leave shoes/slippers next to your bed so that you don’t walk barefoot.

Wear shoes/boots that will protect your feet from the cold.

Protect your legs from injury.

This brochure is not a replacement for professional medical care.
**ISCHEMIC ULCERS**

Wounds caused by inadequate blood supply to the skin and surrounding tissue that cause death to the cells.

Prolonged pressure may lead to:
- Pain in the lower leg while walking that is relieved by rest
- Pain in the leg when lying in bed
- Loss of hair on the leg and foot
- Thickening of toenails, blackening toes
- Cold feet

Causes of pressure ulcers include:
- History of high blood pressure
- History of diabetes
- History of atherosclerosis (hardening of the arteries)
- History of smoking
- Raynaud’s disease

The Wound Healing Center offers:
- Trained healthcare professionals to care for your wound
- Complete wound evaluation
- Diagnostic testing
- A treatment plan made for you
- Education on wound treatment and prevention of new wounds

**During your first visit to the Wound Healing Center you can expect:**
- To complete a medical history and physical
- Testing for feeling, blood flow and oxygen supply to the feet

Examination of the wound
- Possible removal of dead tissue
- Education on how to care for your wound at home
- Further testing, as needed

Follow up visits may include:
- Re-examination of your wound
- Review of test results
- Removal of dead tissue
- Continuing education

Call the Wound Healing Center if you experience any of the following:
- Increased pain around the wound
- New redness, blisters or sores on either foot
- Redness or swelling around the wound or spreading away from the wound
- A foul odor coming from the wound
- Change in color or amount of drainage from the wound
- Fever or chills
- Nausea or vomiting
- Numbness
- Loss of movement
- Change in color of lower legs

If any of these occur AFTER clinic hours, go to an Urgent Care Center or Emergency Room nearest to you.

**HOW CAN YOU HELP?**

DON’T smoke.

Exercise as directed by your physician.

Follow the diet prescribed by your doctor.

Eat well-balanced, low-fat meals.

Take your medications as prescribed.

How should you care for your skin?

- Wash with mild soap and water.
- Apply moisturizers to prevent dryness.
- Use an electric razor to shave legs.
- Do not put anything into an open wound that is not prescribed by your physician.