

Signs, Symptoms and Treatment of Leg Ulcers



Leg Ulcers		
	Arterial	Venous
Signs/ Symptoms	1. Pulses are absent or diminished 2. Skin is shiny & thin 3. Pain on elevation 4. Little to no exudates: dry lesion 5. Wound margins are even 6. Lift the extremity and it becomes pale Lack of hair on feet and ankles Thickened toenails Decreased temperature Punched out appearance = ulcers (circles) Gangrene or necrosis Wound bed is pale	1. Pulses palpable 2. Dry thin skin 3. Achy or heavy feeling in extremity; worse after standing Pain, ache or heavy feeling relieved by elevation of extremity 4. Moderate to heavy exudates (weeping) 5. Irregular wound margins 6. Leg hyper-pigmentation Almost always lower extremity Shallow Firm Edema Varicose veins
Treatment	Increase blood flow Optimize local wound environment Debridement Prevent infection	Decrease venous pressure Decrease edema Decrease pooling of blood: keep extremities elevated Compression Therapy

