

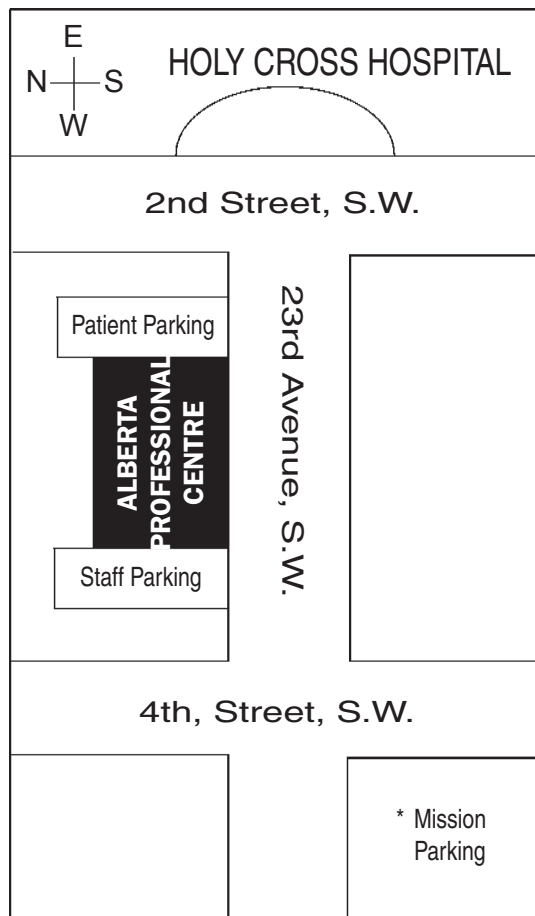
NOW YOU ARE A MEMBER OF THE WOUND HEALING TEAM

By following this simple guide you are an active member of the wound healing team. The Clinic's medical staff expect to see positive evidence of wound healing within the first month of treatment. The time until ulcer resolution depends on the initial size of the ulcer, and on your overall health and co-operation. The average treatment period varies from a few weeks to a few months.

YOUR ULCER IS NOW HEALED!

After your ulcer is healed it is essential to keep your special shoes in good shape and return to the Clinic for routine meticulous skin and nail care.

Please do not hesitate to contact the Clinic between appointments if you have any questions.



* Alternative Public Parking at Mission Professional Centre.

The Calgary Foot & Ulcer Care Clinic
202 - 320 23rd, Avenue S.W., Calgary,
Alberta, Canada T2S 0J2
TEL: (403) 228-5959 FAX: (403) 228-6918

THE ARTERIAL ULCER A SKIN ULCER AS A RESULT OF DECREASED BLOOD FLOW

THE CALGARY FOOT & ULCER CARE CLINIC

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A dermal or skin ulcer is a defect in your skin. An arterial ulcer is most commonly found between or at the tips of the toes, under the long bones of the foot, on the heel or over the lateral bony prominence of the ankle. A history of diabetes, hypertension, smoking or corrective vascular surgery is common. The ulcer is often precipitated by trauma secondary to narrow shoes, a thermal or chemical injury or bed sores (to the heel). An arterial ulcer often starts as a localized area of damaged tissues which if not immediately attended to, will result in a progressively larger wound. An arterial ulcer may be very painful.

A DRESSING AND MEDICATION TREATMENT GUIDE

The goal of ulcer treatment is to promote healing while decreasing discomfort and the disability associated with the wound. To accomplish this goal the following steps are taken:

1. Ulcers are cleansed with normal saline solution.
2. The surrounding skin is thoroughly dried and cleansed of previously used ointments.
3. Dressings which promote healing and reduce discomfort will be used. Hydrocolloid or hydrogel dressings have been successful in this regard.
4. The intervals at which this dressing is changed thereafter is determined by the ulcer's stage of healing and its location.
5. Oxypentifylline (Trental) has been shown to have a beneficial role in arterial ulcer treatment by delivering more oxygen to the ischemic tissue.
6. Initially, your physician may instruct you to protect the affected limb in a specially padded "Moon Boot" and refrain from weight bearing by using crutches or a wheelchair. This is an essential component of the treatment plan and is only a temporary measure.

HOW YOU CAN PROMOTE SPEEDY ULCER RESOLUTION

1. If you still smoke - STOP!
2. Correct all **FOOTWEAR DEFECTS**. Unless the factors which initially caused the ulcer are altered, your ulcer will return. Therefore, an orthotist's consultation is necessary for the manufacture of custom shoe inserts, eg. orthotics, or footwear.
3. If new shoes are required have them fitted by one of the Clinic's commercial **FOOTWEAR CONSULTANTS**. Gradually build up the wear-time of your new shoes but never wear them for extended periods until they have been re-assessed by the Clinic's staff.
4. Never walk in barefeet or slippers or expose your feet to extremes of temperature or strong chemicals.
5. The feet and legs should be **INSPECTED DAILY** by the patient or a member of the family. Any further evidence of impending damage such as increased areas of temperature, redness or blistering should be reported to the Clinic immediately.
6. To reduce night pain, place two 6" blocks under the head of the bed and sleep with the affected limb in a lowered position.
7. Obtain routine, intensive, meticulous professional skin and nail care. Dry skin must be lubricated daily with an emollient cream to prevent fissuring and further breakdown. Fungal infections must be treated promptly.
8. Exercises to promote increased blood flow to the ischemic areas will be outlined by the Clinic's staff.