

Guidelines for Venous Insufficiency

- **Rest your legs**
 - Elevate your feet above the heart while sleeping and whenever possible during the day
 - Avoid standing or sitting still with your feet on the ground for long periods of time
- **Get regular exercise**
 - The muscles in the legs help prevent and get rid of swelling and pressure
 - Exercise increases blood flow
- **Give your legs support**
 - Wear special stockings that decrease swelling and help blood flow: your doctor or physical therapist can help you choose the right ones
 - Keep 2 pairs of stockings so you can change them daily
 - Wash stockings after wearing – drip dry, do not place in a clothes dryer
 - Stockings need to be replaced every 6 months
 - Do not use ace bandages – they can roll and pinch, making swelling worse
- **Take good care of your skin and nails**
 - Wash legs and feet daily with mild soap and water
 - Use petroleum based moisturizers on lower legs – your doctor or physical therapist can help you choose the right ones
 - Do NOT place oils or lotions between the toes
 - Use antifungal creams or powders on your feet as recommended by your medical team and seek care if there are any changes in the color or texture of your toe nails
- **If you have a wound**
 - Make sure to tell your medical provider (doctor, nurse, physical therapist) as soon as you notice
 - Keep the wound clean – mild soap and water is best
 - Do NOT use strong cleaning solutions like alcohol and hydrogen peroxide because these can hurt the skin and slow healing
 - Keep the wound covered and then wear support stockings
 - Remember that you are the most important person in the wound care treatment plan – your providers need you to watch the wound and tell them if it isn't healing, or if it is getting worse