

If English is not your first language and you need help, please contact the

Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

رگا نابز یلہپ یک پآ یزیرگنا تمدخ بمجرت روا ینامجرت مرک ہارب ، وت ے ترورض یک ددم وک پآ روا ے نہن نیرک بطبار ےس

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী ষিদ আপনার .থম ভাষা না হয় এবং আপনার সাহায্যের .য়োজন হয় তেব অনু=হকের ?দাভাষী এবং অনুবাদ পিরেষবা@েত ?যাগাযোগ কণন

ةيريرحتلاو ةيوفشلا ةمجرتلا ةمدخب لاصتلا بحريف ، ةدعاسم بلا جاتحتو بلولا كتغل يه ةيزيلجنلا نكت مل اذا

☎: 0333 344 5710

@ : ukgovinterpreting@thebigword.com

For sign language

☎: 023 8021 3888

@: interpreting@sonus.org.uk

If you are in need of urgent medical treatment, call 999 or visit your nearest urgent treatment centre or A&E

Top Tips:

- ✓ Avoid using extra cushions if it makes the seat too high and the armrests too low.
- ✓ Aim to change position regularly.
- ✓ Use a pillow to make yourself comfortable and provide additional support eg under your hip bone, buttocks, and heels or between your knees.
- ✓ Check areas of skin that are difficult to see eg heels or buttocks
- ✓ Do not tightly fold bedclothes or place heavy blankets on your body as this will cause extra pressure on feet and heels.
- ✓ Always use warm water
- ✓ Pat skin dry, do not rub.
- ✓ If you are incontinent apply a skin barrier product.

If you have any concerns or questions please call: 023 8231 1034 or complete an online consultation form which can be found on our website:

www.thewillowgroup.nhs.net

March 2023. Southern Health NHS Foundation Trust.
SH01426. Communications and Engagement Team.
Designed by NHS Creative – CS46402



The
**WILLOW
GROUP**

Wound Care

Information Guide

The Willow Group is run in partnership with
Southern Health NHS Foundation Trust

What to expect

When you have made contact with us regarding a wound, you will be seen by a Practice Nurse who will discuss a plan of action to help support your wound. They will choose the most appropriate dressing choice and, depending on your health, they may start you in a mild compression sock or bandage.

You may also have a doppler test to allow us to increase your compression for quicker healing.

From there you will be seen regularly until you heal.

Early signs of a pressure ulcer

Changes in skin colour: purple or bluish-red patches on fair skin (that do not disappear when lightly pressed).

Swelling. Blisters. Shiny areas.

Dry patches Cracks and calluses. Hard skin. Warm areas on your skin. Swollen skin over bony areas

Dopplers

If you have a wound on your lower leg anywhere between your knee and ankle, you will likely benefit from compression to speed the healing process. To make sure you are safe for compression, you will be required to have a Doppler test where we check the pressures in your legs.

During this test you will need to lay as flat as you can for the procedure. The nurse will then take a blood pressure in both of your arms. To get the pressure in your feet they will use a Doppler machine, a small device to listen to the pulses in your feet.

This will happen twice on each leg; the nurse will then calculate an ABPI (ankle brachial pressure index) which will determine if you are safe for full compression or whether further investigation is needed with the vascular team.

The purpose of full compression is to move fluid building up in your lower leg back into your system allowing your wound to heal.

Pressure advice

What is a pressure ulcer?

A pressure ulcer is an area of damage to the skin and underlying tissue. They are sometimes known as pressure sores or bed sores.

Why is it important to prevent a pressure ulcer?

Pressure ulcers can have a serious impact on the quality of your life, it is therefore important that you recognise if you are at risk so you can prevent a pressure ulcer from developing.

What causes a pressure ulcer?

Pressure ulcers are caused when the blood supply to certain areas of the body is restricted. This can be caused by three main factors:

Pressure: The weight of the body pressing down on the skin

Shearing: Sliding or slumping down the bed/ chair can damage the skin and the deep layers of tissue underneath the skin

Friction: Poor moving and handling methods and rubbing of the skin

Find out more about our services on
www.thewillowgroup.nhs.uk