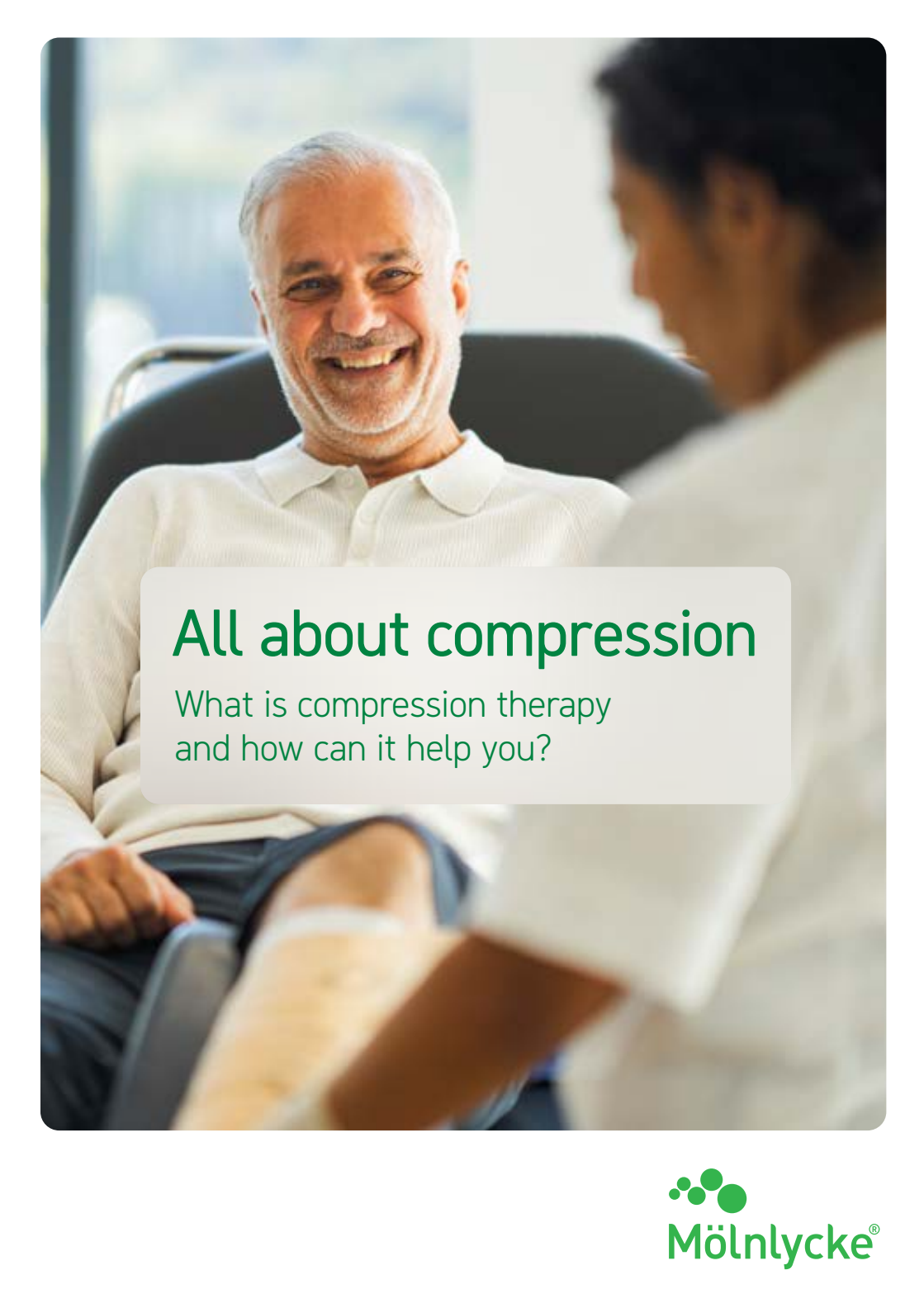




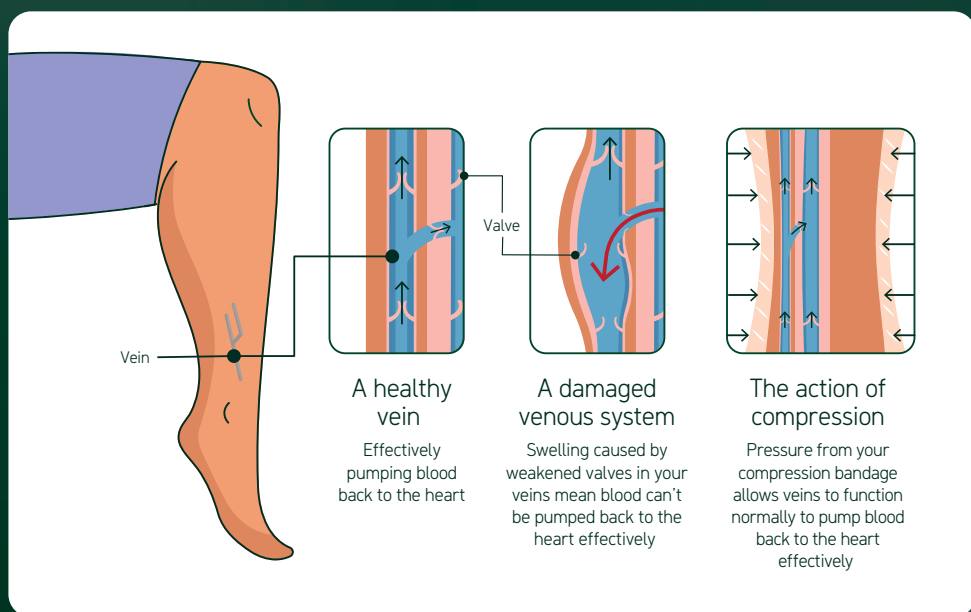
All about compression

What is compression therapy
and how can it help you?

Why compression?

Compression is the most effective treatment for venous leg ulcers*. Venous leg ulcers are caused by problems with your veins. If the valves in your veins become weak, it's hard for your body to send blood back to the heart. This can cause swelling in your legs and lead to painful ulcers that can take a long time to heal.

Compression bandages apply pressure to your lower legs to help the veins function properly and return blood to the heart. This reduces swelling and improves blood flow, making it easier for ulcers to heal and less likely that new ones will form.



* Wounds UK (2022) Best Practice Statement: Holistic management of venous leg ulceration (second edition). Wounds UK, London. Available to download from www.wounds-uk.com



What to expect from compression therapy

If it is your first time wearing compression bandages, they may feel a bit strange.

Here's what you need to know:

- Compression is an important part of your therapy - your doctor or nurse has chosen your compression bandage in the same way that they choose the most suitable dressing or wound cleanser for you.
- Compression therapy works well, but it's important to wear the bandages all the time.
- When your doctor or nurse changes your dressing, they will also change your compression bandage.
- The bandages sometimes feel uncomfortable at first, but this should improve as you get used to them.
- You can make compression therapy even more effective by keeping active and doing foot and ankle exercises.

How to manage your compression therapy



Use this space to note down your next appointment and any questions for your doctor or nurse ...



The most important thing is to wear your compression bandage at all times. Remember also to:

- Keep your bandage dry. When you shower, you should protect it with a plastic cover – you can find advice on this online.
- Avoid long periods of standing still, as this puts a strain on your veins.
- When you are sitting or lying down, try to keep your affected leg elevated.
- Do simple exercises to increase your circulation, such as circling your ankle or rolling your foot over an object like a bottle or tennis ball.
- Stay active by walking.

What to look out for

Compression is a safe and well-trusted therapy. It is rare for things to go wrong, but you should contact your doctor or nurse for advice straight away and elevate your leg if you notice:

- Numbness or tingling in your feet or toes.
- Unusual pain in your legs, feet or toes.
- Swollen or pale/blue-coloured toes.

You should also contact your doctor or nurse urgently and elevate your leg if you have signs of an infected ulcer. These can include:

- Increased pain from the ulcer.
- Increased discharge from the ulcer (you may see fluid leaking through your bandages).
- Feeling unwell.

→ **Do you notice anything unusual about the woman in this picture?**

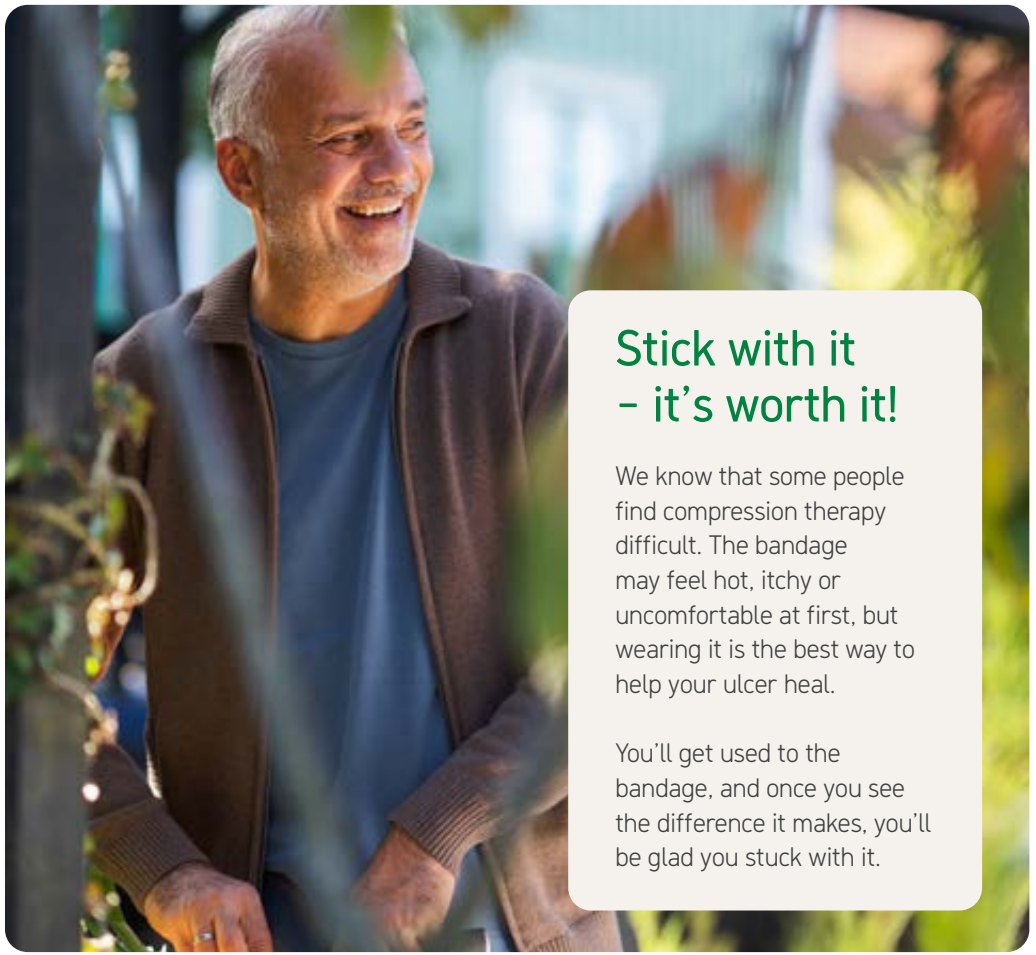
No? That's because she's wearing Mepi™ Press 2, a discreet compression bandage that let's you get on with your life (and wear your normal shoes).

Taking care of yourself

Staying healthy may help your ulcer heal more quickly and make you less likely to have another one. Here are some lifestyle changes that can help:

- Stay active and walk regularly.
- If you're overweight, try to lose weight with a healthy diet and regular exercise.
- Stop smoking and reduce your alcohol intake.
- Wear comfortable, well-fitting footwear to avoid putting strain on your feet and legs.





Stick with it – it's worth it!

We know that some people find compression therapy difficult. The bandage may feel hot, itchy or uncomfortable at first, but wearing it is the best way to help your ulcer heal.

You'll get used to the bandage, and once you see the difference it makes, you'll be glad you stuck with it.

Compression – the new normal

Compression is the best long-term therapy for most people who have problems with their veins. Not only does it help to manage and heal ulcers, but once your wound is healed, compression therapy can help prevent you getting another one.

You may not always need a compression bandage. A sock or stocking may be suitable later in your healing journey. Your doctor or nurse will choose the right compression solution to help you get on with your life.

Find out more at www.molnlycke.co.uk

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