

# How to get the most out of your leg ulcer treatment



You have been prescribed **UrgoKTwo**, a unique two-layer bandaging system, to help heal your leg ulcer comfortably and effectively. You will have been measured and fitted in **UrgoKTwo** based on your ankle size. This is because **UrgoKTwo** is designed to make sure you receive the best treatment while remaining comfortable.

These bandages are specially designed to apply the correct support that helps your leg ulcer to heal. They gently, but firmly, squeeze the leg to help improve the blood flow and reduce fluid (which may be causing swelling) in the tissues.

**UrgoKTwo** will help you to feel comfortable while your leg ulcer heals, and should mean that you can get on with your daily activities.

## WHAT CAN I DO?



**Keep moving:** simple exercises while you're sitting down like wiggling and stretching your toes, or rotating your ankle, get your blood pumping and make a difference! Walking is the best exercise for your legs, but is not possible for everyone.



**Put your feet up:** elevate your legs with a pillow while you're sitting or lying down, making sure your feet are higher than your hips.



**Eat as healthily as you can:** getting the right nutrients will help your leg ulcer to heal. Drinking lots of fluids (ideally water) is also important. Ask your nurse for advice on this if you need it.



**Wear sensible shoes:** comfortable footwear that doesn't rub or restrict your movement can help.

## What you should expect from your treatment

**UrgoKTwo** is designed to be put on by your nurse, but you are encouraged to have an active role in your care – so that you feel informed, supported and confident regarding your treatment.

Your bandages should be changed weekly during your treatment, unless your nurse thinks there is a reason to change them more frequently. **UrgoKTwo** should help your leg ulcer to heal more quickly, but the time it takes to heal can vary from person to person.

- It is important not to remove your bandages or change the way they have been put on for you.
- It is best to wear your bandages at all times, as wearing them continuously will mean you get the most from your treatment and heal more quickly.
- You should not need to remove your bandages in between changes. However, if you experience any of the following, please seek advice from your nurse or healthcare professional:
  - increased pain or discomfort
  - loss of sensation in your toes
  - cold or discoloured toes.

The tips above are designed to ensure you get the most out of **UrgoKTwo**, so that you heal in the best possible manner.



## Working with your clinician

clinician's contact number

Do you have any questions for your next nurse visit?

Do you have any concerns about your treatment?

It can be helpful to track your progress by keeping notes or taking photos if you can, or to jot down any thoughts you might want to remember to discuss with your nurse at your next appointment.

