

# STASIS DERMATITIS

## STASIS ULCER

Control of swelling of the leg is the most important factor in healing your skin inflammation (“stasis dermatitis”) or skin ulcer (“stasis ulcer”). Your doctor will mark which treatments are appropriate for you.

### **Foot Elevation**

Severe: Stay in bed up to 2-3 days with foot of bed elevated 6 to 8 inches above the heart until all swelling has subsided. Tense the muscles of you thighs and calves frequently.

Less Severe: Elevate feet 6-8 inches above heart for \_\_\_\_\_minutes, \_\_\_\_\_times per day. The more you can do this, the better.

### **Exercise**

Avoid prolonged sitting (car or airplane) or standing. Walk around whenever possible. If stuck in a line, periodically stand on your toes or tense your calf and leg muscles to reduce pooling of blood in your legs. Do not wear high-heeled shoes because the calf muscles do not pump blood efficiently when in that position for prolonged periods.

Strengthen the calf muscles with exercise- walking, bicycling, swimming.

If overweight, weight loss will be helpful.

### **Elastic Stockings**

Wear elastic stocking as prescribed (e.g. Jobst or Sigvaris brands). Your leg size will be measured by the pharmacist or therapist dispensing them so they will be of the proper pressure. These should be worn to the level of the mid thigh if you can tolerate it. Otherwise, wear them at least to the knee. Keep them on as much as possible. When the elastic wears out, they should be replaced. In most cases, these should be worn the rest of your life to prevent recurrent problems.

### **Cleanliness**

Keep your feet and legs clean. Use water and a mild soap such as Dove.

### **Medications**

Each morning and evening, apply the following steroid (cortisone-like) cream\_\_\_\_\_.