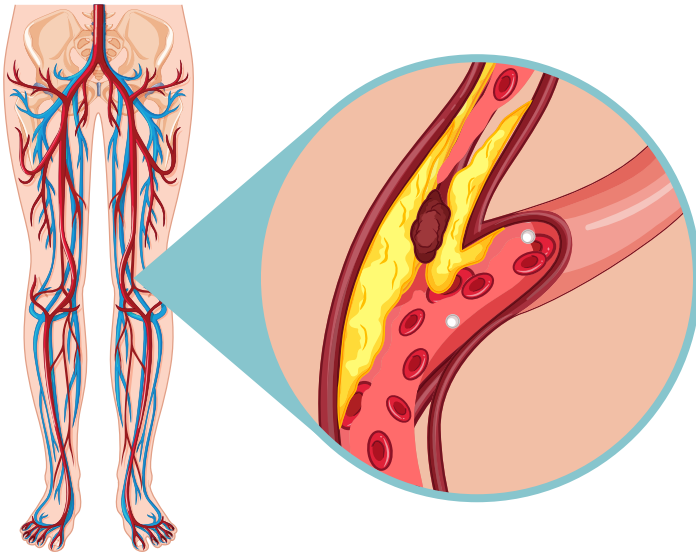


Arterial Ulcer



What is an arterial ulcer?

Arterial or ischemic ulcers are wounds or openings on the skin that happen when blood does not flow well through narrow or damaged arteries. These ulcers usually show up on the legs, feet, or toes because of a problem called peripheral artery disease (PAD).



What is peripheral artery disease (PAD)?

PAD is a condition where the blood vessels that carry blood to your legs and feet become narrow or blocked. This makes it harder for blood to flow to these areas which can lead to lack of oxygen and nutrients to the tissue resulting in tissue death and open wounds.

PAD commonly occurs in patients who smoke or have diabetes mellitus, high blood pressure, heart disease, high cholesterol, or several other medical conditions. Improving the supply of blood is the main treatment for arterial ulcers.

How do you care for your arterial ulcer?

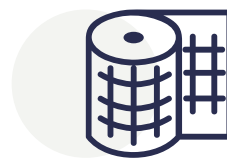
Arterial ulcers need proper care and treatment to prevent infection and to help them heal. We recommend the following ways to care for your arterial ulcer:



Keep the area clean
by gently washing with
mild soap and water



Apply treatment
to the wound to help
keep the wound moist



Cover the wound
with a dressing to
help heal and protect
from germs



Wear protective shoes
to take the pressure
off the foot and toes

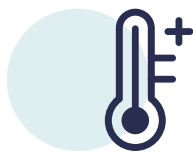
How do you prevent an arterial ulcer?

- Check your legs and feet daily for red spots, cracks, blisters, calluses, or other changes (Use a mirror to see the bottoms of the feet and the backs of the legs)
- Look inside your shoes daily for small pebbles or other objects and check your socks for holes
- Wear clothes and shoes that fit well to protect your legs and feet from injury
- Wear protective shoes and do not walk around barefoot
- Schedule a yearly foot evaluation
- Take care of your legs and feet by washing them with soap and water, drying them completely, and applying moisturizer (Do not put moisturizer between your toes as this can lead to skin breakdown or an infection)
- Manage your diabetes by taking medicine as prescribed, eating a well-balanced diet, and maintaining a healthy weight

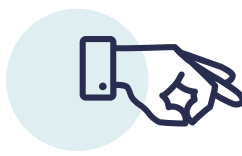
What activities I should avoid?



Smoking nicotine, tobacco, or similar products



Exposing your feet to extreme temperatures



Removing or picking scabs or dry skin



Soaking your feet in hot water



Trimming ingrown or thick toenails

When should I call for help?

If you notice any of the following symptoms:

- Your foot or leg becomes painful, seems white or purple, has decreased pulses, feels cold, feels numb, or is hard to move
- Your foot or leg shows redness, blistering, or a new opening in the skin
- Fevers, chills, nausea, or vomiting
- Unusual increase in blood sugar levels
- Increased pain that does not go away
- Redness in and around the wound
- Leg, foot, or toes are warm to touch
- Swelling in the leg, foot, or toes
- Increased or unusual wound drainage or odor

Have Questions or Need Help?

Talk with your Clinical Care Team. **Call 1-833-ESPERTA (1-833-377-3782).**

If this is an emergency, go to your nearest hospital or call 911.

1. Bryant, R.A., & Nix, D.P. (2024). Acute and chronic wounds: current management concepts. 6th. edition. Elsevier.

2. Wound Reference Inc. (2024). <https://woundreference.com/app/>