

Important

The nurse has started you with compression bandaging treatment today because it is recommended best practice in the treatment of your ulcer, to bring healing in the timeliest manner.

Safety

Please remove your bandages if the following occurs and then contact the District Nurse within work hours.

- An increase in pain, firstly take pain medication and elevate your leg. If pain persists remove your bandages.
- If you have pins and needles or tingling.
- If your toes become numb or change to a pale colour, your bandages might be too tight.
- If bandages slip to the top of your calf, they need replacing.

Showering

Your bandages are to stay dry until the day of change, so in order to shower you must cover with a plastic bag and seal at the top or have a sink wash. On the day the District Nurse is due to visit please remove your bandages and shower with no dressing on your wound then after pat dry around the area and apply a temporary dressing which will be given to you.

It is important to walk daily and elevate your legs when resting. To eat a high protein diet e.g. fish, chicken, meat, eggs and to avoid fast food and smoking, as we partner together to heal your wound.



Please contact your District Nurse within office hours 8.00am to 4.30pm.

Contact us

District Nurses:

Hutt Valley: (04) 570 9148

Kapiti: (04) 903 0224

Kapiti Health Centre, Warrimoo Street,
Paraparaumu

Kenepuru: (04) 918 2011

Community Health Building, Kenepuru
Hospital

Wellington: (04) 806 2556

Ewart Building, 2 Coromandel Street,
Wellington Hospital