

## NURSING QUICK REFERENCE: WOUND CARE BASICS

Provided by Singh Wound Care | Dr. Singh, MD Mobile Physician Services • (833) WOUNDOC

### GUIDE 3: Venous Wounds (The "Swollen" Ulcer)

**Primary Cause:** Poor blood flow *returning* from the legs (Valve failure). **Most Common Sites:** Medial malleolus (inside ankle), Gaiter area (lower calf).

#### Identification

- **Appearance:** Irregular shape, shallow edges.
- **Color:** Beefy red/ruddy wound bed. **Heavy drainage** (wet).
- **Surrounding Skin:** Brown staining (hemosiderin), swollen (edema), dry/itchy (stasis dermatitis).
- **Pain:** Aching/heavy feeling (relieved by elevation).

#### The Singh Standard (Management)

1. **Compression is Key:** This wound will *not* heal without managing the swelling. (Confirm Dr. Singh orders for Profore, Tubigrip, or ACE wraps).
2. **Absorb Drainage:** Use highly absorptive dressings (Foams, Alginates, ABD pads) to prevent maceration of healthy skin.
3. **Elevation:** Encourage patient to elevate legs *above the heart* when in bed.

#### Red Flags

- Signs of Cellulitis: Spreading redness, heat, and pain *outside* the normal brown staining.
- Sudden shortness of breath (Risk of DVT/PE).