What is a Leg Ulcer Clinic?
What is an Arterial Doppler?
What is a Leg Ulcer Clinic?
You have been referred to the Tissue Viability Nurse-led Leg Ulcer clinic for further assessment of your leg wound. This clinic is run by Tissue Viability Nurse Specialists, (TVN) who have further training and expertise in wound care.

What will happen at the Clinic?
The nurse will carry out a detailed assessment. This will involve asking you lots of questions about yourself including the following:

- Past medical history and lifestyle
- Medication
- How the wound developed and how long you have had it.
- Previous treatments used.

The nurse will check your blood pressure; examine your legs and your wound. You will also have an arterial Doppler assessment.

What is a Doppler Assessment?
A Doppler assessment involves using a hand-held device to do a simple check of your arterial circulation. The Tissue Viability Nurse will check the blood pressure in your arms and legs. It should not be painful. It will feel similar to a normal blood pressure test.

Before the Doppler is carried out you will be asked to rest on a treatment chair with your legs elevated for a short time. A blood pressure cuff will be applied to your arm; the Doppler sensor will be used to listen to the blood flow in both arms. The pressure will be measured in both legs in the same way.
Although you may only have a wound on one leg, the blood flow will be checked on both legs.

You will be asked to remove your socks and shoes before the test. To assist with your visit, it is important you:

- Bring a detailed and up-to-date list of your tablets.
- A list of any allergies you may have.
- Wear clothes that allow easy access to your arms and legs, i.e. short sleeves and wide fitting trouser legs.
- Wear comfortable, wide fitting, preferably lace up flat shoes.
- Visit the toilet before your assessment.
- Confirm your attendance at the clinic by telephoning the number on your appointment letter.
- You may eat and drink normally before the test.

During your visit to the clinic, the nurse will discuss the treatment options available to help you. This may involve compression bandaging or compression hosiery.

The Tissue Viability Nurse will write a management plan which you will take with you to the nurse who usually looks after your wound.

The Tissue Viability Nurse will inform you if you need to come back to the leg ulcer clinic. If so, you will be given another appointment before you leave.

You should allow 1½hrs for this appointment.

If you have any questions feel free to speak to your nurse. Some patients find it easier to jot down a few questions before they come to the clinic.
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