

VENOUS STASIS

YOU HAVE BEEN DIAGNOSED WITH VENOUS STASIS



WHAT IS IT?

Venous stasis is a risk factor for forming blood clots in veins (venous thrombosis), as with the deep veins of the legs (deep vein thrombosis or DVT).

HOW DID I GET IT?

Causes of venous stasis include long periods of immobility that can be encountered from driving, flying, bed rest or hospitalization, or having an orthopedic cast.

TREATMENT FOR YOUR LEGS

- Wear compression stockings daily. They come in a variety of strengths and can be purchased at several locations
- MOISTURIZE daily! You can use AmLactin, Cetaphil Cream or plain Vaseline
- ELEVATE your legs as much as possible.

When you have a rash:

- Apply Steroid Ointment (Clobetasol, Mometasone, or Triamcinolone)
- On top of this, apply Vaseline jelly
- Then put on cotton socks (this helps the ointments absorb and the ointment to not get all over your clothes)
- Do this Monday- Friday (not on Saturday and Sunday - but you should moisturize on these days). If the rash is still present, repeat the following week as needed until the rash is gone. Make sure that you always take two days per week off from the Clobetasol.