Do you have a wound, ulcer or open sore on your leg or foot that won’t heal or keeps reoccurring? The Cleveland Clinic offers specialized treatment for leg and foot sores, wounds and ulcers through our new Lower Extremity Wound Clinic. At The Cleveland Clinic, patients with wounds, ulcers or open sores on the leg or foot can be treated by a team of world-class experts, including doctors, nurses and consulting specialists from all areas of medicine. These experts work together to find the cause of the problem and to develop an individualized treatment program to make it better and get you back to everyday living.

Causes

Leg and foot sores, ulcers and open wounds are a common problem. They may be caused by:

- Poor circulation
- Venous insufficiency (a failure of the valves in the veins of the leg)
- Lymphedema (a buildup of fluid that causes swelling in the legs or feet)
- Diabetes
- Pressure (lying in one position for too long)
- Genetics (they may be hereditary)
- A malignancy
- Inflammatory diseases
- Infections
- Certain medications
- Other medical problems.

We Can Help You

The Lower Extremity Wound Clinic specializes in treating patients with many different types of nonhealing foot and leg wounds. These wounds may have been present for a long time and, despite various treatments, have not improved or continue to reoccur.

To relieve pain and speed healing, the Lower Extremity Wound Clinic develops a Comprehensive Wound Care Plan that includes evaluation and treatment for existing wounds as well as education about how to prevent future wounds.

Evaluation

During the initial visit, patients are asked to supply a thorough medical history. The wound specialist will conduct a thorough examination of the wound that may include state-of-the-art diagnostic tests such as X-rays, MRIs, CT scans, and noninvasive vascular studies that will help to develop an individualized plan of care.

Treatment

Treatment plans are designed to relieve pain and speed healing. Each treatment plan is individualized, based on the patient’s health and well-being and on his or her ability to care for the wound.

Individualized treatment plans may include one or more of the following:

- Antibiotics, if an infection is present
- Anti-platelet agents and anti-clotting medications, as needed
- The newest in topical wound care therapies
- Compression garments, if necessary
- Prosthetics or orthotics, which are available to restore or enhance normal lifestyle function.

Patients with chronic leg or foot ulcers may need to be seen in the Wound Clinic on an ongoing basis.

Education and Prevention

Once the Comprehensive Wound Care Plan is developed, the patient will be given instructions for caring for the wound at home. Patients will also receive valuable information about how to prevent the wound from recurring. One of the most important things patients can do to speed their own recovery is to be meticulous in following the home-care instructions, which may include one or more of the following:

- Keep the wound clean
- Change the dressing as directed
- Take prescribed medications
- Drink plenty of fluids
- Eat a healthy diet rich in fruits and vegetables as directed
- Exercise regularly under a physician’s guidance
- Wear appropriate shoe gear.
The Lower Extremity Wound Clinic

The Lower Extremity Wound Clinic at The Cleveland Clinic is committed to providing world-class care. Our staff provides current, state-of-the-art treatment for chronic non-healing wounds. Individualized wound care protocols are carefully designed with the whole patient in mind to relieve pain, speed recovery and heal the wound.

The Lower Extremity Wound Clinic is in the Section of Vascular Medicine in the Department of Cardiovascular Medicine on The Cleveland Clinic’s main campus. It is located in Building S, on the sixth floor.

The Wound Clinic is open Monday through Friday, 8 a.m. – 4:30 p.m.

For appointments, call 216/444-4420.

For more information or to speak with a Wound Care Nurse, call 216/444-8930.

Patients who have an open wound or ulcer may contact the Lower Extremity Wound Clinic directly. No physician referral is necessary.

Parking is available in the Euclid Avenue Visitor Parking Garage. Exit the parking garage onto Clinic Drive and enter the S Building through the Children’s Hospital entrance. Take the S elevators to the 6th Floor.