



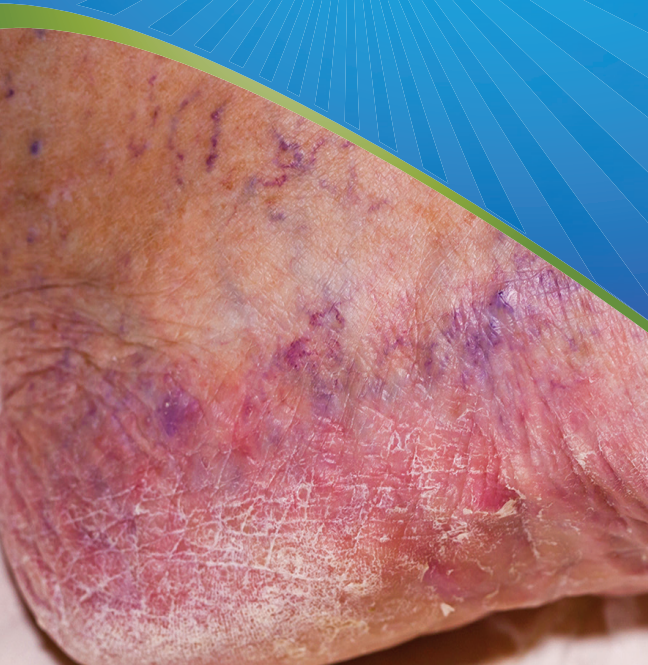
VINIFERAMINE®

TWO-STEP HOSPITAL-GRADE SYSTEM

VENOUS SKIN CARE

Cleanses, moisturizes and protects fragile, ulcerated skin
Soothes and nourishes

Stasis Dermatitis/Ulcers Patient Education





**D. Elizabeth McCord,
Ph.D., FAPWCA**

Healthy skin requires adequate circulation to deliver essential nutrients and remove metabolic waste. When you have impaired circulation, your skin can begin to suffer due to the lack of nutrients plus the buildup of metabolic waste including free radicals. We have used a team approach utilizing nurses, pharmacists, and physicians in the preparation of this booklet. Our hope is that it provides valuable information to help people with circulation problems maintain healthy and viable skin and prevent serious skin-related complications. *Bringing you products The Hospital Way™*

With warm regards,

A handwritten signature in black ink, appearing to be 'D. McCord', written over a horizontal line.

WARNING: Consult your health care provider. This booklet is provided as a guideline only. These statements have not been evaluated by the FDA.

What is Stasis Dermatitis?

The word “stasis” is defined as a period or state of inactivity and the word “dermatitis” means inflammation or conditions affecting the skin. The term “stasis dermatitis” describes skin inflammation caused by blood pooling (venous insufficiency) in the veins of your lower legs that can eventually lead to skin ulcers, also called venous stasis ulcers. Stasis



dermatitis and ulcers can greatly impact a person’s quality of life and may lead to severe infections that can lead to hospitalizations, amputations, and even death. It is extremely important for people with circulation problems to provide an extra level of care to their skin in order to prevent serious complications including stasis dermatitis and ulcers.

Nourishing the Skin

A major reason that stasis dermatitis and ulcers occur is that the skin cells are not being adequately nourished and hydrated by constant blood flow. Without the nutritional support from circulating blood, the cells essentially become sick and die, resulting in inflammation and skin breakdown. Since the skin is unable to be nourished from the blood supply in people with venous insufficiency, we need to consider alternative ways to deliver vital nutrients to the skin cells to keep them healthy and thriving.

Keeping Your Skin Healthy

Talk to your health care provider about the symptoms of venous insufficiency and the causes and treatments for stasis dermatitis and ulcers. Taking good care of your skin with gentle moisturizing cleansers and a moisturizing barrier cream will protect your skin and help decrease the negative effects of venous insufficiency including dermatitis and ulcers that can lead to a decreased quality of life.

There are several ways that you can keep your skin healthy:

1. Cleanse your skin and provide it with a barrier against irritants.
2. Work with health care professionals who will educate and guide you through the best possible care protocols and use this handy guide as a reminder of how to make sure your skin and body remain healthy.
3. Prepare a written plan that is tailored to your needs and share it with your Health Care Professionals to make sure that you are doing everything possible to manage your stasis dermatitis and ulcers.

Tips for Stasis Dermatitis

- Use compression stockings to reduce swelling (edema) in your legs. Applying a specialized barrier cream to your legs will make it easier to put on your stockings.
- Avoid standing or sitting in one position for long periods of time.
- Keep your legs raised or elevated when you sit and avoid crossing them or resting them on hard surfaces.
- Perform low impact exercise and stretching frequently to help stimulate blood flow.

Getting Started

1. Purchase the skin care items that you will need in accordance with your health care professional's suggestions. They may include items like compression stockings, padded foot rests, a mirror, and specialized moisturizers and moisturizing cleansers.
2. Wash your skin every day using warm water, not hot. Your health care professional may suggest that you use a thermometer to be sure to keep the water between 90 to 95 degrees F. Dry your skin well but don't rub it with a towel.
3. Cleanse your skin with a specialized moisturizing cleanser. Do not use soap because it will dry your skin and not provide any nourishment to your skin.
4. After cleansing, apply a specialized moisturizing cream.
5. If you use compression stockings, you should put them on after applying a specialized moisturizing cream.
6. Set a time every day to thoroughly examine your skin and record your findings so you will be able to document and recall any changes in your skin when working with your health care team.



Using a Clinically Proven Treatment System

Keeping your skin properly cleansed and protected is an important part of your care plan.



1. Cleanse your skin by moistening your skin with warm water and a clinically proven cleansing lotion. Very gently rub the cleansing lotion onto the skin using the flat of your hand. Rinse with warm water. Avoid using a washcloth or other rough and abrasive cloths that can irritate the skin. Cleanse twice daily, morning and bedtime, or as directed by your health care team.
2. Gently apply specialized moisturizing cream after cleansing, using a gentle stroking motion with the flat of the hand. Do not rub with excessive pressure as it can damage the skin. When cream is clear on the skin, stop the application and allow it to be absorbed on the skin. Apply to the affected area after every cleansing, or as directed by your health care team.
3. Carefully check your skin for any signs of redness, peeling, swelling, heat, drainage or sores and record any changes. Be sure to notify your health care team if you notice any of these signs.
4. Put on properly fitted compression stockings only after thoroughly examining the skin and applying a specialized moisturizing cream.
5. Keep your toenails and fingernails cleaned and trimmed to avoid scratching and breaking the skin and causing infections. Wearing appropriately fitting socks (not too tight) and light cotton gloves at night can help protect against inadvertent scratching while you sleep.

Avoiding Irritants

Skin with stasis dermatitis is more sensitive to irritants. You will need to treat your skin very carefully and protect it from anything that could increase your dermatitis.

- Avoid perfumes or products that include artificial colors or fragrances.
- Avoid rubbing or shaving irritated skin.
- Avoid applying deodorants, powders, or shaving creams.
- Use hypoallergenic laundry detergents, fabric softeners, and dryer sheets that are designed specifically for sensitive skin. This is especially important when washing compression stockings because they are in such close contact with your skin.
- Avoid putting any tape or adhesive products on your skin.
- If skin is itchy (pruritic), don't scratch. Talk to your health care provider if itching is intense or if you have any pain.

Conclusion

Providing nutritional and antioxidant support to skin cells is essential for protecting the skin against the effects of impaired circulation, including stasis dermatitis and ulcers. Incorporating some simple skincare protocols into your daily life can help protect your skin from developing serious conditions including stasis ulcers and infections. It's important to pay close attention to your skin and report any problems to your health care provider. You are a big part of your skin health, and if you take good care of your skin every day as suggested, you will have taken control of an important part of your health care to ensure the best quality of life for yourself.



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Health Care Team

Health Care Educator

Name: _____

Company/Title: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Notes: _____

Physician

Name: _____

Company/Title: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Notes: _____