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यदि आपको अनुवाद सेवाएँ, या इस दस्तावेज़ की प्रति किसी अन्य भाषा, ऑडियो टेप, ब्रैल या बड़े अक्षरों में चाहिए, तो कृपया CPW स्टाफ के सदस्य से बात करें या cwp.info@nhs.net पर ईमेल करें



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Venous Disorders of the Lower Leg

Helping people to be
the best they can be

Your veins

The veins in your legs carry blood back from the tips of your toes all the way to your heart. The veins rely mainly on movement of your legs to move the blood back to your heart. When the muscles move they squeeze the veins and push the blood upwards. Small valves inside the veins stop the blood flowing back down the veins again.

What can stop the veins from working properly?

- The valves may have been damaged by a thrombosis (blood clot-commonly referred to as DVT).
- During pregnancy the valves can become damaged.
- Sometimes long periods of standing or sitting without moving your leg muscles allow the pressure in the veins to rise. If this pressure rises significantly the valves cannot hold this pressure and start to leak.
- Being overweight can also cause damage to the valves.

What happens when your veins are unable to transport blood flow properly?

When the valves become damaged the blood is unable to flow properly as a result of congestion. This will cause the veins to swell and over time, your ankles too. The swollen veins let red blood cells to leak out under the skin in your legs. You will see this as dark patches on your skin. The skin on your legs may become red and itchy.

The swelling of the veins in the legs may eventually lead to your skin not getting enough oxygenated blood. This can cause your skin to become delicate and easily damaged. A minor scratch on your leg may result in a wound which is difficult to heal.

Reducing the damage to your skin

To help prevent damage to your skin it is important to reduce the congestion in your veins. This is best done by using compression hosiery and you will need to be assessed for these. The swelling may need to be reduced first by using bandages before hosiery can be fitted. There is a leaflet explaining compression hosiery which you may find useful. Please ask your nurse/clinician if you would like one.

Other important aspects to consider

- Good skincare routine
- Daily exercise
- Eating a healthy well-balanced diet to maintain a healthy weight
- Good rest at night and avoid sleeping in a chair