

Can I use the garment over my clothing?

The garment can be used over lightweight clothing such as cotton trousers, PJ's or tracksuit bottoms.

How can I keep track of my treatment?

Your clinician will provide you with a patient diary so you are able to record your treatment program.

It is really important that you fill in your treatment diary so that your healthcare professional can monitor your progress and also receive your comments and feedback about your treatment.

Does it hurt?

No, you should not feel any discomfort at all, especially as the gentle squeezing is away from your wound site. In fact, many patients say how much they enjoy the gentle massaging sensation.

What if I fall asleep during the treatment and I keep it on for more than 2 hours?

This will do no harm.

I can't elevate my legs, is this a problem?

It is better if your legs are elevated such as in bed or on the couch. If this is not possible, use the pump in a position which is comfortable for you.




Patients agree, WoundExpress makes a difference...




"This machine is magic... I am not in pain anymore. I can walk further and stand longer, I am forever grateful for that". - Fergus

And his daughter agreed stating...

"In just 3 weeks the results were quite incredible... I got my dad back". - Isabel

Useful information & Support

-  www.legsmatter.org
-  [makelegsmatter](#)
-  [legsmatter](#)

-  www.legclub.org
-  [LindsayLegClub](#)
-  [LindsayLegClub](#)



Scan here to watch the patient guide video.

Where can I get further information?

Further information can be found via the dedicated website www.huntleigh-healthcare.us/woundexpress. Here you can view patient videos where users share their experiences. You can also access tutorials on how to use the product and get the most out of your treatment.



WoundExpress™

Patient Information Leaflet

Why have I been prescribed WoundExpress as a treatment?

WoundExpress is a therapy that has been designed to treat leg ulcers. These are open, hard to heal wounds on your lower legs or feet. It aims to improve the healing potential of your leg ulcer while controlling some of the symptoms you may be experiencing, for example, pain.

What is the WoundExpress?

The WoundExpress is ideal for use at home — the garment (which is similar to a blood pressure cuff) goes around your thigh, then attaches to a lightweight portable pump.



The garment's 3 chambers inflate and deflate over a 4 minute cycle; this increases the blood supply to your arteries and veins in your lower leg and also aids lymphatic return. This, in turn, encourages healing. Many patients have described treatment with WoundExpress as having a pleasant massaging effect that should not cause any discomfort or pain.

How to use WoundExpress?

WoundExpress is designed for use at home. During the therapy, you need to be sitting in a chair (ideally with your leg elevated) or in a bed, somewhere you can get comfortable. As the product is mains powered, you will need to be near to a plug socket.

WoundExpress a Step-by-Step guide



Place the garment around your thigh on the affected leg



Ensure the tubing is straight and not kinked or obstructed, and placed on the outside of the thigh



Connect the tubing to the pump



Ensure you are sitting comfortably with your legs elevated if able to do so



Switch on. You may hear a faint buzzing sound — this is normal



WoundExpress treatment should ideally be used for 2 hours a day



You are advised not to walk or stand when wearing the leg garment

How long should I use it for?

The recommended treatment time is just 2 hours a day, ideally in a single setting. If needed, you can have a short break (for example to use the toilet) and resume therapy - therefore not interfering with your daily activities.

Should you feel the need to build up to 2 hours continuous therapy, try completing your 2 hours in 2 sittings. However, you should aim for 2 hours continuous where possible. You can have the therapy in place while you're resting or watching TV.



Do I need a clinician to apply the treatment?

No, WoundExpress can be easily fitted by you, a family member or your carer.

Should I keep my bandages on?

Yes, treatment is to be used alongside your current leg ulcer treatments such as bandages, hosiery and dressings by acting as a complimentary treatment.