



## Protocol for Lower Extremity Skin Conditions

In many cases, a lack of knowledge helps contribute to the development of otherwise preventable conditions. For people with dry, flaky skin, diabetes or other diseases that affect circulation and the overall health of the skin, prevention of problems is of paramount importance.

*Proper skin care, hydration and performance of daily skin hygiene and maintenance can help prevent the cycle of cellulitis and other conditions.*

If any of the following are present, the use of Elta Crème will help remove affected, dead tissue without traumatizing underlying, healthy skin:

- Dry flaky skin with crust formation
- Dry built-up exudate and scabs
- Dry itchy plaques
- Calluses from casts or shoe wear
- Cadexomer Iodine and other wound product “crusts”

### Application Guidelines in a Clinical Setting:

**Step 1:** Apply Elta Crème generously to the entire involved area.

**Step 2:** After 2-3 minutes, taking a soft cloth or gauze, begin lightly rubbing the area in a circular pattern to soften and remove dry tissue. A soft-tipped applicator may be used to help lift off larger crusted areas.

*Continue Steps 1 & 2 for 15 to 30 minutes as needed until desired effect is accomplished.\**

*\*When finished with the above procedure, wipe excess crème off the leg. Instruct patient to reapply crème twice daily and return in one week or sooner for re-evaluation. In severe cases, this process may be accelerated by wrapping legs in a warm, moist towel for 5-10 minutes after applying Elta Crème; then perform Step 2.*

### General Skin Care Guidelines for the Client:

- Cleanse legs and feet well with a super-fatted soap (i.e. Dove, Caress).
- Rinse well with lukewarm water. Pat skin dry, **especially between toes**.
- Moisturize skin twice daily with a good hypo-allergenic cream (such as Elta Crème) **Do not apply any moisturizer between toes**. If Elta Crème is used, remove excess Crème after 1-2 minutes, and use only enough so that skin does not feel greasy after two minutes.
- Edema should be addressed with elevation, wraps or properly fit support stockings after vascular assessment has been performed.
- Skin hydration is especially important in clients with diabetes, renal and/or vascular disease, and the elderly.

**For fungal involvement:** apply Elta Trivase Waterproof Antifungal Cream (Elta with 2% Miconazole Nitrate) in place of Elta Crème for a limited time to help eliminate the condition. Once under control, use Elta Crème to treat problem skin areas.