

HOPE FOR HEALING YOUR  
VENOUS LEG ULCER

\_\_\_\_\_ 's healing journey



**This booklet will teach you more  
about Apligraf® and VLUs.**

It has useful information that can help  
guide you through your healing journey.

**LIFE**  
IS WAITING

YOUR WOUND CAN'T

ORGANOGENESIS

**Apligraf®**

Living Cellular Skin Substitute



# My healing commitments

**Review and complete this section with your doctor:**

## **I will**

- Attend all appointments
- Elevate my leg above heart level for at least 2 hours
- Take my medication(s)
- Make sure dressings are clean, dry & intact
- Check my blood sugar\*
- \_\_\_\_\_

\*If needed.



# My healing goals

**Review and complete this section on your own:**

## **I want to get better for**

- Myself
- My family
- My friends
- Someone special
- An upcoming event (like a party or trip)
- \_\_\_\_\_

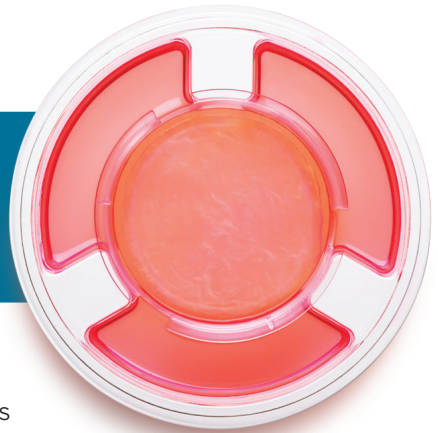
# Apligraf® & you

**Your doctor has given you this booklet because you have a venous leg ulcer (VLU).** This is a slow-healing wound that can occur from poor circulation of blood in the veins from your legs to your heart.

## What is Apligraf?

- ✓ Apligraf is a unique, advanced treatment for VLUs
- ✓ Apligraf works as a layer of substitute skin to help cover and heal VLUs
- ✓ Apligraf is created from cells found in healthy human skin and collagen derived from cows. It looks like a thin piece of skin and is used for ulcers that are not healing with other therapies
- ✓ Apligraf provides the wound with living cells, proteins produced by the cells, and collagen, which are important for healing

Apligraf is FDA-approved and has been trusted by doctors for **over 20 years**



This brochure should not be used as a substitute for talking with your doctor. Always talk with your doctor about diagnosis and treatment information.

# A case study of Apligraf®



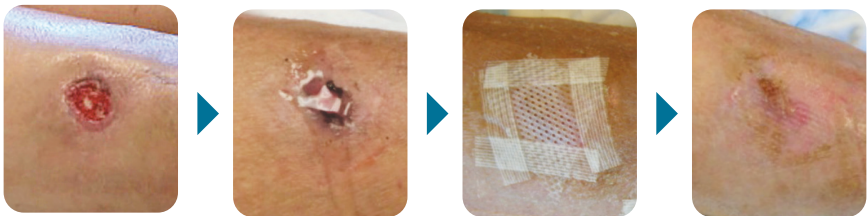
**PATIENT:** Female  
**AGE:** 68 years old

**HISTORY OF:** Peripheral vascular disease (PVD) and Diabetes

**ISSUE:** Lingering VLU on left leg

**TREATMENT:** Apligraf

**TIME TO RECOVERY:** 11 weeks



Hypothetical patient

## This was possible because this patient:

- ✓ Followed her doctor's instructions
- ✓ Took her medication
- ✓ Met with her healthcare team to keep her other conditions under control
- ✓ Cared for the wound between visits

# Apligraf heals VLUs faster<sup>1,2</sup>

## Patients treated with Apligraf:



healed 85 days faster  
than patients treated with compression alone



had ~3 more VLU-free months  
in the first year after treatment

# Caring for your ulcer

After Apligraf® is applied, your doctor or nurse will give you instructions to follow while your wound is healing.

- ✔ Be **careful not to disturb your wound** or get it wet during your treatment
- ✔ **Expect regular follow-up visits** with your doctor to check on your healing progress
- ✔ After your first appointment, **your doctor may schedule weekly visits** until your wound is healed
- ✔ It is very important to **keep your appointments** and follow your doctor's directions carefully



# Important reminders



## **Wear your bandages**

Apligraf is used together with compression therapy. Your doctor will likely instruct you to wear compression bandages until your ulcer is healed, and possibly afterward.



## **Keep your leg elevated**

Your doctor may want you to keep your leg raised as much as possible during the day. They may also suggest you use pillows or cushions to keep your leg slightly raised while you are sleeping. It's important to follow all your doctor's directions carefully.



Apligraf can treat your leg ulcer but **is not a treatment for** the health condition that caused the ulcer in the first place.

It's important to follow your doctor's advice to stay healthy and prevent the ulcer from coming back.



If you experience any signs of infection, like tenderness to the touch, redness, pain, heat, and/or swelling, **contact your doctor immediately**

# Preventing future ulcers

Apligraf® should always be used with appropriate compression or offloading, as well as good wound-care practices.

## To prevent future ulcers:

### DO

✓ **Avoid long periods** of sitting or standing whenever possible

✓ **Raise your legs** above the level of your heart as often as possible

✓ **Wear compression stockings** as instructed by your doctor

✓ **Always wear well-fitting shoes** when walking—never go barefoot

✓ **Maintain a balanced diet.** Reduce your weight if recommended by your doctor.

✓ **Wash your legs and feet daily** using a mild soap and warm (not hot) water

✓ **Inspect your legs and feet regularly** for signs of swelling, discoloration, dryness, bruises, or sores—tell your doctor immediately if you see any changes or injuries



## DON'T



Sit or stand for **long periods of time**



**Skip wearing compression stockings**—wear them as instructed by your doctor



**Go barefoot**—always wear well-fitting shoes when walking



# How to fill out your weekly log

The following pages are designed to help you keep track of how you're feeling week to week. They include a to-do chart, pain scale, and section for notes.

## To-Do List

The to-do list in your journal is designed to remind you what you should be doing every day.

**Completing these tasks every day will help make sure your VLU heals properly.**

You should review your to-do list throughout the day and check off each task as you finish it.

Weekly log: 08/01/21 to 08/08/21

**Daily To-Do**

Responsibilities	S	M	T	W	T	F	S
Elevated my leg above heart level	✓	✓	✓	✓	✓	✓	✓
Took my medications	✓	✓	✓	✓	✓	✓	✓
Made sure my dressing(s) are clean, dry, and intact	✓	✓	✓	✓	✓	✓	✓
Checked my blood sugar*	✓	✓	✓	✓	✓	✓	✓

\*If needed.

**Overall, how did you feel this week?**

 Happy  Doing well  Doing okay  Not great  Not well  Really upset

Next appointment	Medication change(s)
Questions	Reminders

## Pain Scale

The scale on each log is meant to share how you've been feeling. The differently colored faces represent a range of emotions.

At the end of every week, **circle the face** that matches how you felt that week.



**Happy;  
no pain**



**Doing well;  
feeling some pain**



**Doing okay;  
feeling pain**



**Not great;  
feeling pain**



**Not well;  
feeling a moderate  
amount of pain**



**Really upset;  
feeling a lot  
of pain**

Weekly log: \_\_\_ / \_\_\_ / \_\_\_ to \_\_\_ / \_\_\_ / \_\_\_

**Daily To-Do**

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<b>Questions</b>	<b>Reminders</b>

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# List of medications

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# Notes

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When everything seems like  
an uphill struggle, just think  
of the view from the top.

- **Unknown**

## Important contact information:

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For more information about Apligraf®, visit [WoundsCantWait.com](https://www.WoundsCantWait.com)