

Compression bandage for lymphologic indications on the arm:

Material required:

Skin care:

Eucerin® Tri-Lipid Replenishing Lotion

Skin protection:

Tricofix® elastic tubular bandage, about 2 m, size D5 or E6

Fixation material

Leukoplast® fixation plaster about 1 m, width 1.25 cm

Fixation bandages

Elastomull® elastic, length 4 m, applied double

1-2 x 8 cm
1-2 x 6 cm

Padding material

Artiflex® highly textured padded bandage, length 3 m

2-3 x 10 cm
4 x 15 cm

Compression bandages

Comprilan® textile-elastic short-stretch bandage, length 5 m

1 x 6 cm
1-2 x 8 cm
2-3 x 10 cm
1-2 x 12 cm

Procedure:

Patient position:

The patient is sitting, the arm to be bandaged supported by a firm pad.

Keep the material in readiness on a bandage trolley



1. Before bandaging, carefully massage an acid buffered skin conditioner (Eucerin® Tri-Lipid Replenishing Lotion) into the skin.



2. Measure out the tubular bandage (Tricofix®) to be used as underwrap: double the arm length from the back of the hand to the shoulder.



3. Draw the tubular bandage (Tricofix®) creasefree from the back of the hand to the shoulder. Cut a hole in the bandage for the thumb.



4. Bandaging of the fingers with doubled fixation bandage (Elastomull®) starts with an anchor on the wrist and metacarpo-phalangeal joints.



5. Bandage the fingers with at least two turns applied singly with light tension. Leave the finger pads free.



6. Secure each finger bandage with an anchor around the back of the hand.



7. Bandage the thumb in the same manner as the fingers.



8. Pad with a 10-cm wide padded bandage (Artiflex®). Place the thumb through an aperture.



9. Bandage the forearm with half-overlapping circular turns.



10. Fix a prepared padding element for the elbow using a padded bandage (Artiflex®).



11. Starting with a 15-cm wide padded bandage (Artiflex®) distal to the elbow, bandage the arm towards proximal ...



12. ... and complete the padding with two further 15-cm wide padded bandages (Artiflex®).



13. Start the compression bandage of short-stretch bandages (Comprilan®) with an anchor on the wrist (bandage width 6 cm).



14. The turns run from the back of the hand to the palm, returning to the back of the hand.



15. After one turn across the middle phalanx of the thumb, hold the edge of the bandage down.



16. To prevent pocketing between the thumb and index finger, press down the edge of the previous turn.



17. Repeat this turn once more.



18. The first short-stretch bandage (Comprilan®) ends with two figures of eight just behind the wrist.



19. The patient presses her clenched fist against the therapist's abdomen and tenses the muscles. An 8-cm wide short-stretch bandage (Comprilan®) ...



20. ... runs from the wrist in long figures of eight to below the elbow.



21. In opposite directions, beginning with a circular turn, apply a 10-cm wide short-stretch bandage (Comprilan®) in figures of eight over the elbow and upper arm. It ends with 2-3 circular turns below the shoulder.



22. Fix the end of the bandage with strips of surgical plaster (Leukoplast®). Pull the end of the tubular bandage over the edge of the bandage for protection.



23. On the forearm, the finished bandage consists of five layers of short-stretch bandage (Comprilan®), at the proximal end of only three layers.

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