

# Compression bandage for lymphologic indications on the leg:

## Material required:

### Skin care:

Eucerin® Tri-Lipid Replenishing Lotion

### Skin protection:

Tricofix® elastic tubular bandage, about 3 m, size E6 or F7

### Fixation material

Leukoplast® fixation plaster about 1 m, width 1.25 cm

	Leg	Lower leg
<b>Fixation bandages</b> Elastomull® elastic length 4 m, applied double	1-2 x 8 cm (1-2 x 6 cm)	1-2 x 8 cm (1-2 x 6 cm)
<b>Padding material</b> Artiflex® highly texturized padded bandage, length 3 m	2-3 x 10 cm 4 x 15 cm	2 x 10 cm
<b>Compression bandages</b> Comprilan® textile-elastic short-stretch bandage, length 5 m	1 x 6 cm 2 x 8 cm 4 x 10 cm 3 x 12 cm	1 x 6 cm 2 x 8 cm 3 x 10 cm 1 x 12 cm

## Procedure:

### Patient position:

The patient is supine, the legs angled and supported by a firm cushion.

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: twice the leg length from the tip of the foot to the groin.



3. Gather up the tubular bandage (Tricofix®) along its entire length...



4. ... and pull onto the leg as far as the groin. The section remaining at both ends is later pulled over the padding material.



5. To bandage the toes, use a fixation bandage (Elastomull®) doubled to a width of 4 cm. Start with an anchor around the forefoot.



6. Bandage the great toe with light tension.



7. Then bandage the other toes. Leave out the small toe since it is very pressure sensitive and usually not edematous.



8. Finish the toe bandaging with an anchor around the metatarsophalangeal joints.



9. Starting on the forefoot, apply a 10-cm wide synthetic padded bandage (Artiflex®) and take in loose circular turns to the calf. The end of the tubular bandage fixes the start of the bandage.



10. Apply three 15-cm wide padded bandages (Artiflex®) in circular turns from the calf to the groin.



11. Begin with two turns of a 6-cm wide textile-elastic short-stretch bandage (Comprilan®) around the metatarsophalangeal joints...



12. ... then roll the bandage over the medial edge of the foot across the heel to the dorsal foot (do not pull).



13. Repeat this turn slightly offset...



14. ... and take the bandage into an extended figure of eight.



15. Fit the ankle with an 8-cm wide short-stretch bandage (Comprilan®).



16. The bandage runs in figures of eight 2-3 times around the upper ankle and the foot ...



17. ... and ends on the heel. In this region good contact between the individual turns of bandage is especially important. The bandage should therefore be smoothed down well and creasing scrupulously avoided.



18. If necessary, the bandage can be reinforced with a further 8-cm wide short-stretch bandage (Comprilan®).



19. Bandage the calf in figures of eight using a 10-cm wide short-stretch bandage, starting with a circular anchor.



20. On top of this apply another 10-cm wide short-stretch bandage (Comprilan®) in figures of eight in the opposite direction. To make the plaster strips easier to remove when changing the bandage, the ends of the strips should be folded over.



21. Bandage the rest of the lower leg with a 10-cm wide short-stretch bandage (Comprilan®) running in the opposite direction.



22. The bandage ends below the knee; fix its end with strips of surgical tape (Leukoplast®).



23. Starting with a 15-cm padded bandage (Artiflex®) below the knee...



24. ... pad the thigh as far as the groin.



25. Pad the hollow of the knee with foam (Leukotape® foam), length about 1/2 of the knee circumference.



26. Apply a 12-cm wide short-stretch bandage (Comprilan®) starting with a circular turn above the calf, in tortoise turns...



27. ... closely overlapping around the knee. Smooth the bandage down towards the patella.



28. Fit the thigh with a further 12-cm wide short-stretch bandage (Comprilan®), applied in the opposite direction, with highly overlapping figures of eight and fix with strips of surgical tape.

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