

Compression bandage for Lymphologic indications on the arm

Materials required:

| Ref-No. | Product | Width | Quantity |
|----------|-----------------------|-------|--------------|
| 72026-02 | Protouch® Stockinette | 7.5cm | 1 Length |
| 01026-00 | Comprilan® | 6cm | 1 roll |
| 01027-00 | Comprilan® | 8cm | 1 or 2 Rolls |
| 01028-00 | Comprilan® | 10cm | 1 or 2 Rolls |
| 73048-00 | Artiflex® Soft | 7.5cm | 1 or 2 Rolls |
| 73048-00 | Artiflex® Soft | 10cm | 2 Rolls |
| 72501-00 | Easifix® Bandage | 2.5cm | 1 or 2 Rolls |

Method



1 Before applying the bandages, ensure good skin care has taken place.



2 Measure the Protouch® Stockinette to be used as protection by measuring the length of the total arm from fingers to shoulder tip.



3 Apply the Protouch® Stockinette to the length of the arm, allowing a small hole for the thumb.



4 To bandage the fingers, start an anchor at the wrist with a gauze bandage.



5 Coming from the wrist, make approximately two turns around the finger with light tension before returning over the back of the hand. Ensure you leave the finger tips free.



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



7 The completed finger bandages should be on the dorsum of the hand, leaving the palm free.



8 Pad the limb with Artiflex®, starting at the base of the metacarpal heads and leaving a hole for the thumb.



9 Bandage up the limb with 50% overlapping turns.



10 Additional padding may be added for extra protection.



11 Continue applying padding up the limb. It is recommended that a wider size padding is used beyond the forearm.



12 Continue the padding up to the armpit.



13 Start the compression bandaging with an anchor at the wrist (bandage 6cm width).



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 After two turns around the hand, the first Comprilan® bandage should end two figures of eight just behind the wrist.



19 The patient presses a clenched fist against the therapist's abdomen and tenses their muscles. An 8cm width bandage is started from the wrist.



20 Run in long figures of eight or spirals, using 50% overlap, up to the elbow.



21 Start a new 10cm width bandage and commencing in the opposite direction, in figures of eight or spirals, wrap up the limb, over the elbow and up to the upper arm.



22 Secure the end of the bandage with adhesive tape and roll over the Protouch® Stockinette for protection.



23 Ensure there are no gaps in the bandages to ensure no fluid accumulates in any area not compressed with bandage.

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