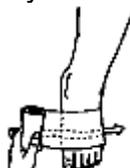
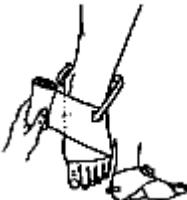


## Compression Bandage - 4 layer

Procedure	Point of Emphasis
<p>1. Assess for signs and symptoms of arterial disease. Check ankle-brachial index (ABI)</p> <p>2. Cleanse wound and apply appropriate topical dressing.</p> <p>3. Position foot in comfortable position at right angle.</p>	<p>1. External pressure from compression bandage may decrease arterial flow in lower extremities. Compression therapy is contraindicated if ABI &lt; 0.7</p> <p>3. If foot is in extension when compression bandage applied pressure areas may develop at ankle when foot is flexed.</p>
	
<p>4. Apply Layer #1. This layer is applied in a spiral wrap with no tension and 50% overlap.</p> <ul style="list-style-type: none"> <li>• Starting at the base of the toes anchor wrap around the foot.</li> </ul>	<p>4. Avoid making creases, puckers or darts as these may cause pressure points</p>
	
<p>5. Next, wrap the back of the heel to begin figure 8 wrap of the ankle.</p>	
	
<p>6. Circle back to the base of the foot to cover the heel.</p>	<p>6. Do not leave any portion of the heel exposed as this may cause swelling in that area.</p>
	

Procedure	Point of Emphasis
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7. Continue to wrap in spiral fashion with 50% overlap up to the popliteal space. This layer is applied with neutral tension.



7. To prevent tight bands, each turn of the bandage should overlap the proceeding by half the width to provide an even pressure gradient.

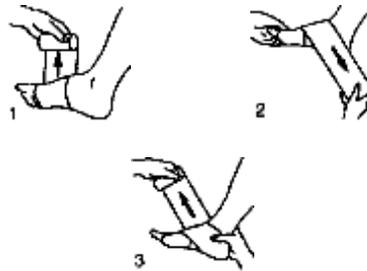


8. Apply Layer #2 (conformable bandage) utilizing the same technique as layer #1 with 50% overlap and neutral tension.

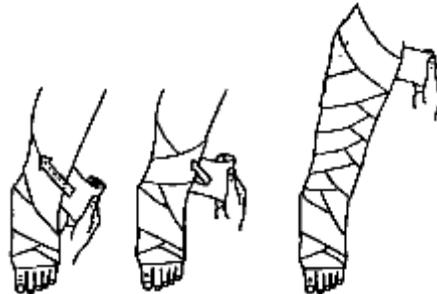
8. Note: Both layers #1 and #2 are loosely woven material that allows for some diagonal stretch to avoid making creases or darts.

9. Apply Layer #3 (long stretch compression bandage) utilizing 50% overlap, 50% tension and figure 8 wrap technique.

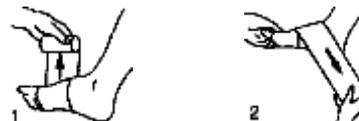
- Begin by anchoring wrap at base of toes.
- To start the figure 8 around the back of the heel pull bandage and stretch to 50%. Hold this tension as dressing is applied.
- Repeat figure 8 with 50% tension for each layer proceeding up the leg. Caution - be sure each layer overlaps the previous one by 50%.



The yellow line should overlap the upper edge of the previous layer to maintain 50% overlap.



10. Apply Layer #4 (self adhesive elastic roll). It is applied utilizing spiral wrap with 50% overlap and 50% tension. Begin by anchoring wrap at base of toes.



Procedure	Point of Emphasis
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11. To start the figure 8 around the back of the heel pull 6-8 inches of the bandage away from roll and stretch to 50%. Hold this tension as dressing is applied. Repeat with each layer proceeding up the leg. Caution - be sure each layer overlaps the previous one by 50%.



10. Patient Education

- Inform patient to call if:
  - they experience increased pain, numbness or tingling.
  - the dressing slips down significantly
- The compression bandage should not get wet.
- Walking is helpful to decrease edema.
- Do not sit for prolonged periods of time.
- Legs should be elevated above the level of the heart to decrease edema.
- If bandage feels as if it is getting tighter elevate legs.
- When not able to walk do foot exercises by flexing and extending the foot