

Self Bandaging of the Arm(s)

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Compression bandaging is an important part of your lymphoedema management. The use of multi-layer bandages increases the tissue pressure. It can help to prevent the re-accumulation of swelling and maintain the improvement achieved during your intensive treatment. Bandaging can also help to soften any areas of fibrosis and reshape the limb. Another effect of bandaging is to improve the efficiency of the muscle and joint pumps.

Compression bandaging should never cause pain, pins and needles, numbness or discolouration of the fingers. If you experience any of these symptoms remove your bandages and contact your lymphoedema therapist.

Recommended Materials for Lymphoedema Bandaging *(all available on prescription)*

- Non-perfumed moisturising lotion
- 'Tubifast' blue line
 yellow line
- 'Cellona' cotton padding:
 7.5cm x 2.75m x _____
 10cm x 2.75m x _____
 15cm x 2.75m x _____
- Short stretch 'Rosidal K' compression bandages:
 6cm x 5m x _____
 8cm x 5m x _____
 10cm x 5m x _____
- 'Mollelast' finger bandages:
 4cm x 4m x _____
- Zinc oxide adhesive tape

Instructions for Self Bandaging

1. Begin by applying your moisturising lotion to the affected arm(s).
2. Cut a hole for the thumb in the tubifast bandage and pull it onto your arm.



3. Begin with finger bandaging using the mollelast bandage. Wrap the bandage loosely around the wrist.



4. Spread your fingers out and individually bandage each finger starting with the thumb, beginning at the nailbed and working towards the base of the digit.

After bandaging the thumb, bring the bandage lightly over the back of the hand, bring under the wrist and make circular turns around each finger. Maintain slight tension on the bandage throughout. (After bandaging each finger, return to the wrist and anchor – keep tension loose at the wrist).





5. Pad the limb with cotton padding starting at the hand and overlapping each turn by approximately 50%.



6. Double or triple the padding at the inside of the elbow for added protection and continue to the top of the arm.

You may need to use 2 or 3 rolls of padding depending on the size of the limb.

7. If your therapist has recommended the use of foam padding insert this before applying your compression bandages.



8. Begin with a 6cm compression bandage at the wrist. Make one complete turn around the wrist, then bring the bandage over the back of the hand using moderate tension to cover all of the hand and knuckles. Keep the fingers spread out when bandaging the hand.



9. Make 3 complete turns around the hand close to the knuckles. Complete the hand and wrist coverage by bandaging in a 'figure- of-8' style around the hand and wrist proceeding towards the forearm.





10. Starting with an 8cm bandage at the wrist, proceed in circular turns towards the forearm. Each individual turn should overlap the previous one by approx. 50%. You should make a fist with the bandaged hand when bandaging the forearm.



11. As you proceed with your bandage towards the elbow ensure that you keep your elbow slightly bent. Bandage in a figure-of-8 style around the elbow and then proceed in circular turns to cover this area.



12. The next compression bandage (10cm) begins below the elbow overlapping the previous bandage. Create a figure-of-8 at the elbow and continue with circular turns, using moderate tension to cover the rest of the arm. (You may need to use another 10cm bandage around the arm to achieve the required compression.)



Check that you have achieved a good compression and that your bandaging is comfortable.

For further information contact:

Therapist: _____

Tel no: _____