

Self Bandaging of the Leg(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 toes. 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' yellow line
 purple 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 _____
12cm 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 leg(s).
2. Pull the tubifast bandage onto your leg.



3. Begin with toe bandaging using the mollelast bandage. Wrap the bandage once around the foot at the base of the toes.



4. Individually bandage each toe starting with the big toe, beginning at the nailbed and working towards the base of the toe. After bandaging the big toe, bring the bandage over the top of the foot then under the sole and make circular turns around each toe, except the little toe. Maintain slight tension on the bandage throughout (After bandaging each toe, return to the foot and anchor).



5. Pad the limb with the cotton padding. Start at the base of the toes and overlap each turn by approximately 50%.



6. When bandaging around the ankle and heel, if necessary, place the precut foam pads behind the ankles under the cotton padding. Continue to pad the lower leg to the level of the knee. You may need several padding bandages to cover the area.



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

8. Begin with either a 6cm or 8cm compression bandage at the base of the toes making 3 complete turns around the foot.



9. Holding the foot at a 90° angle bring the bandage over the top of the foot and then around the back of the heel. Repeat this technique creating a figure-of-8, three or four times until the whole of the foot and ankle are covered. Maintain moderate compression throughout.



10. Continue towards the calf with the remaining bandage using circular turns, overlapping each turn by approx. 50%.



11. Begin the second compression bandage (width 8cm) at the base of the toes making 1 complete turn around the foot.
12. Holding the foot at a 90° angle bring the bandage over the top of the foot creating a figure-of-8, three or four times until the whole of the foot and ankle are covered. Maintain moderate compression throughout.
13. Continue towards the calf with the remaining bandage applying moderate tension, using circular turns (over-lapping each turn by approx. 50%).



14. The third compression bandage (width 10cm) begins above the ankle. Continue using circular turns towards the knee overlapping each turn as before.
15. If required you may use another 10cm bandage to cover the lower leg.



Your bandage is complete at this point if you have been advised by your therapist to bandage only to the knee.



16. If you have been advised to bandage the whole leg use a cotton padding bandage starting at the knee. Insert a triple layer of cotton padding at the back of the knee for added protection.
17. Proceed with the cotton padding to the top of the thigh. Overlap each turn by approx. 50%. You may need several rolls to cover the whole limb.
18. If your therapist has recommended the use of foam padding, insert this before applying your compression bandages.



19. Start with a 10cm compression bandage below the knee making one circular turn. Bring the bandage in a diagonal over the front of the knee passing under the lower thigh and proceed, bringing the bandage in a downward diagonal over the front of the knee to just above the first circular turn, creating a figure-of-8. Continue to cover the knee and lower thigh using circular turns overlapping by 50%.



20. Using either a 10cm or 12cm bandage begin at the knee, creating a figure-of-8 and proceed with overlapping circular turns towards the groin.



21. The next compression bandage (width 12cm) begins above the knee and continues towards the groin in overlapping circular turns.



22. Another 12cm bandage may be required depending on the size of your limb to cover the whole thigh.

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

For further information contact:

Therapist: _____

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Date Published: February 2011

Date Reviewed: September 2022, Date for Review September 2027