



Using Compression Bandages

Information for Patients, Residents and Carers

Using Compression Bandages

After checking the circulation in your leg, your health professional has measured and fitted you with a compression system that is specific to your situation. Compression is the best therapy for helping venous leg ulcers heal in a quicker time frame. You may feel some discomfort when you first start compression therapy. **It is important** to watch for any signs that the bandaging may be too tight.

Remove Immediately if:

- ✗ toes have a purple or blue mottled appearance or turn white
- ✗ you develop any changes in sensation (e.g. tingling or numbness)
- ✗ you develop increasing pain in your legs.

Seek advice from your health professional or call Wound Innovations on 1300 224 034).



Wearing Compression Bandages

- ✓ Bandages must remain on for the total number of days specified
- ✓ Compression bandages must be kept dry
 - » Try using plastic bags or plastic wrap when showering to avoid getting the bandages wet. Alternatively, there are shaped leg bags available for purchase from Wound Innovations or your local pharmacy
- ✓ Include gentle exercise into each day
 - » Walking will help the compression bandages work more effectively by shifting extra fluid out of the legs and back into the circulation
 - » When sitting, remember to regularly flex your ankles and wriggle your toes
- ✓ Elevate your legs above the level of your heart for 30 to 60 minutes at least twice a day. This will help improve swelling and aid healing.

Compression bandages will feel FIRM but not tight enough to cause pain. You should be able to continue with your usual everyday activities.

Things to Consider

- You may find your compression bandages become looser after a few days initially. This means the bandages are working properly in reducing the swelling. However, if your bandages become too loose or start slipping down contact Wound Innovations as they will need to be changed
- There are a number of different compression bandages available. If the compression bandage that is applied isn't working for you, your health professional or Wound Innovations can recommend other options that may be more suitable for you.

Compression Bandages and Venous Leg Ulcers

- Your health professional will check the circulation in your leg before starting compression therapy
- Compression will help with healing an active venous ulcer, but should also continue to be used once the ulcer has healed to prevent reoccurrence.

Other brochures also available:

- Using Compression Stockings
- Maintaining Healthy Skin
- Caring for Arterial Leg Ulcers
- Caring for Venous Leg Ulcers.

Contact Information

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