

# COMPRESSION/TENSOR BANDAGE CARE

## Why compression?

- Compression is provided using a variety of wrap systems.
- Compression is often necessary to reduce swelling in the legs, as swelling hinders wound healing.
- Compression also increases venous return, thus with improved circulation, the blood can move better through the vessels and more effectively circulate the nutrients and oxygen needed to heal a wound.
- After the wound is healed it is often necessary to progress to long term use of Pressure Gradient Stockings or multi-use compression wrap systems for prevention of recurring swelling and wounds.

## Care of a compression Bandage

- Most compression systems remain on the leg for several days at a time (usually one week).
- It is important to avoid wetting, cutting, pushing the bandage down the leg, or unraveling the material.
- Never re-wrap the bandage yourself.
- Should the bandage roll or slip down, get wet or begin to unravel prior to your next appointment, please contact the clinic.

## Remove the Bandage and call the clinic if:

- If you experience pain or numbness in your leg, foot or toes, or a change in color of the toes
- If the bandages roll down significantly
- If the bandages unwrap

## Showering with compression

- You can shower with the compression bandage; however, it must never become wet.
- You may purchase a shower sleeve within the clinic that covers the bandage and keeps it dry while showering.
- Never bath with a compression bandage.