

Parkwood Wound Clinic Protocol for Application of Short Stretch Compression Bandages

STEP 1: Washing and Preparing to Wrap

- After removing dressings, please wash lower legs and feet using mild soap or plain warm water and washcloth. Pat skin dry, and dry well between toes with a clean dry washcloth.
- Apply recommended moisturizer or steroid ointment as directed. Do not apply moisturizer between toes unless otherwise indicated.
- Have patient exercise ankles, knees, and feet at this time.
- ***NOTE*** Legs must not go without compression for more than one hour. Edema will accumulate and you will be starting all over.

STEP 2: Wound Assessment and Dressing Application

- Inspect skin for any new open areas or new red itchy areas.
- Assess the wound if present and record your assessment
- Apply dressings as directed.

STEP 3: Applying Skin Protection Layer

- Starting at the base of the great toe, on the dorsum of the foot, apply cast padding once around the foot, to lock the first go-round, then continue wrapping by overlapping 50% in a spiral fashion up toward the knee to two fingerbreadths below the bend of the knee.
- THIS STEP MUST NOT BE OMITTED as it distributes the pressure and prevents breakdown at pressure points.
- You may require extra padding to protect bony prominences (pre-tibial, malleolus)

STEP 4: Applying Bolster on Dorsum of Foot if Required

- If patient has a large amount of edema on the dorsum of foot/feet, you may add foam or abdominal pads to create a bolster. You may also Figure of 8 over the foot

STEP 5: Applying First Layer of Short Stretch Bandage

- Use a □ 6 cm, □ 8 cm or □ 10 cm bandage.
- Discard clips provided.
- Start at base of great toe on the dorsum and lock first layer around the foot. Apply at full stretch wrapping in spiral fashion with 2/3rds or more overlap up as far up leg as it goes.
- DO NOT CUT THE BANDAGE
- Secure with tape.

STEP 6: Applying Second Layer of Short Stretch Bandage

- Use an □ 8 cm, □ 10 cm or □ 12 cm bandage (one size larger than first layer).
- Discard clips provided.
- Start at just above the malleolus (ankle bone) overlapping the first layer as much as required.
- Apply at full stretch wrapping in spiral fashion with 2/3rds overlap up the leg to 2 finger breadths below the bend of the knee. You may need to adjust the amount of overlap to end at the knee.
- You may require a second wrap on larger legs to reach the knee.
- DO NOT CUT THE BANDAGE
- Secure with tape.

STEP 7: Securing the Bandage

- Use Tubifast or a knee-high nylon over the Comprilan bandages to help hold up.

STEP 8: Follow-up

- Assess patient for comfort.
- Rewrap legs as necessary, every day initially, then q 2-3 days.
- Encourage rest periods of 1-2 hours daily with legs elevated above the level of the heart as tolerated.
- Short stretch bandages can be washed up to 20 times in cool water by hand or in the gentle cycle of a washing machine. Squeeze in a dry towel to remove excess moisture and drape over a towel rack to dry.