

Comprilan® guide to multi-layer Lymphoedema bandaging for the leg

Material required:

Skin care:

Replenishing Lotion

Skin protection:

Jersey Standard Stockinette,
Cotton Tubular Bandage approx
2m length 10-15cm wide

Fixation material:

Leukopor® fixation plaster approx
1m, width 1.25cm

	Approximate quantity required	
	Leg	Lower leg
Fixation bandages Easifix® 5cm applied double	1-2 x 5cm†	1-2 x 5cm†
Padding material Soffban® Natural† 3.5m	2-3 x 10cm† 4 x 15cm	3 x 10cm
Compression bandages Comprilan® short-stretch bandage, length 5m	1 x 6cm† 2 x 8cm† 4 x 10cm† 3 x 12cm†	1 x 6cm† 2 x 8cm† 3 x 10cm† 1 x 12cm†



Procedure:

Patient position

The patient is supine, the legs angled and supported by a firm surface.



1. Before bandaging, carefully massage on skin conditioner (Replenishing Lotion) into the skin.



2. Measure out the tubular bandage (Stockinette) to be used as underwrap: twice the leg length from the tip of the foot to the groin.



3. Gather up the bandage (Stockinette) along its entire length...



4. ...and pull onto the leg as far as the groin. The section remaining at both ends is later pulled over the padding material.



5. To bandage the toes, use a fixation bandage (Easifix®). Start with an anchor around the forefoot.



6. Bandage the big toe with light tension.



7. Then bandage the other toes. Leave out the small toe since it is very pressure sensitive and usually not oedematous.



8. Finish the toe bandaging with an anchor around the metatarsophalangeal joints.



9. Starting on the forefoot, apply a 10cm wide Soffban® padded bandage and take in loose circular turns to the calf. The end of the tubular bandage fixes the start of the bandage.



10. Apply Soffban® in circular turns from the calf to the groin ensuring a conical shape.



11. Begin with two turns of a 6cm wide short-stretch bandage (Comprilan®) around the metatarsophalangeal joints. No bandage tension...



12. ...then roll the bandage over the medial edge of the foot across the heel to the dorsal foot (do not pull).



13. Repeat this turn slightly offset...



14. ...and take the bandage into a extended figure of eight.



15. Fit the ankle with an 8cm wide short-stretch bandage (Comprilan®).



16. The bandage runs in figures of eight 2-3 times around the upper ankle and the foot...



17. ...between the individual turns of bandage is especially important. The bandage should therefore be smoothed down well and creasing scrupulously avoided.



18. If necessary, the bandage can be reinforced with a further 8cm wide short-stretch bandage (Comprilan®).



19. Bandage the calf in figures of eight using a 10cm wide short-stretch bandage, starting with a circular anchor.



20. On top of this apply another 10cm wide short-stretch bandage (Comprilan®) in figures of eight in the opposite direction. To make the plaster strips easier to remove when changing the bandage, the ends of the strips should be folded over.



21. Bandage the rest of the lower leg with a 10cm wide short-stretch bandage (Comprilan®) running in the opposite direction.



22. The bandage ends below the knee; fix its end with strips of Leukopor®.



23. Starting with Soffban® below the knee...



24. ...pad the thigh as far as the groin.



25. Pad the hollow of the knee with foam (Leukotape® Foam), length about 1/2 of the knee circumference.



26. Apply a 12cm wide short-stretch bandage (Comprilan®) starting with a circular turn above the calf, in tortoise turns...



27. ...closely overlapping around the knee. Smooth the bandage down towards the patella.



28. Fit the thigh with a further 12cm wide short-stretch bandage (Comprilan®), applied in the opposite direction, with highly overlapping figures of eight and fix with strips of tape..

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© 2000 BSN medical. Excerpt from the book prepared for publication "Compression therapy - healing with pressure" by Peter D. Asmussen and Brigitte Söllner. Bandaging technique of the Földi-Klinik, Klinik für Lymphologie, D-79856 Hinterzarten, Therapist: Heinz Thoma.

† Available on FP10