

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

Material required:

Skin care:

Replenishing Lotion

Skin protection:

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

Fixation material:

Leukopore® fixation plaster approx 1m, width 1.25cm

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



Procedure:

Patient position

The patient is sitting, the arm to be bandaged 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: double the arm length from the back of the hand to the shoulder.



3. Draw the tubular bandage (Stockinette) creasefree from the back of the hand to the shoulder. Cut a hole in the bandage for the thumb.



4. Bandaging of the fingers with doubled fixation bandage (Easifix®) starts with an anchor on the wrist and metacarpo-phalangeal joints.



5. Bandage the fingers with at least two turns applied singly with light tension. Leave the finger pads free.



6. Secure each finger bandage with an anchor around the back of the hand.



7. Bandage the thumb in the same manner as the fingers.



8. Pad with a 10cm wide padded bandage (Soffban® Natural) place thumb through an aperture.



9. Bandage the forearm with half-overlapping circular turns.



10. Fix a prepared padding element for the elbow using a padded bandage (Soffban® Natural).



11. Starting with a 15cm wide padded bandage (Soffban® Natural) distal to the elbow, bandage the arm towards proximal...



12. ...and complete the padding with two further 15cm wide padded bandages (Soffban® Natural).



13. Start the compression bandage of short-stretch bandages (Comprilan®) with an anchor on the wrist (bandage width 6cm).



14. The turns run from the back of the hand to the palm, returning to the back of the hand.



15. After one turn across the middle phalanx of the thumb, hold the edge of the bandage down.



16. To prevent pocketing between the thumb and the index finger, press down the edge of the previous turn.



17. Repeat this turn once more.



18. The first short-stretch bandage (Comprilan®) ends with two figures of eight just behind the wrist.



19. The patient presses their clenched fist against the therapist's abdomen and tenses the muscles. An 8cm wide short-stretch bandage (Comprilan®)...



20. ...runs from the wrist in long figures of eight to below the elbow.



21. In the opposite directions, beginning with a circular turn, apply a 10cm wide short stretch bandage (Comprilan®) in figures of eight over the elbow and upper arm. It ends with 2-3 circular turns below the shoulder.



22. Fix the end of the bandage with strips of Leukopore®. Pull the end of the tubular bandage over the edge of the bandage for protection.



23. On the forearm, the finished bandage consists of five layers of short-stretch bandage (Comprilan®), at the proximal end of only three layers.