

Comprilan®

Application techniques



1 Apply undercast padding from the base of toes to tibial plateau in a spiral configuration. The layers assist in absorbing exudate and to correct any distortions of the natural contours of the leg.



2 Commence bandaging at the base of the toes, working from inside to outside, with the barrel of the bandage facing upwards.



3 Keep the tail of the bandage short and apply firmly over the dorsum of the foot maintaining an even tension without overstretching.



4 Bandage twice around the foot.



5 Wind bandage over top of foot, cover outside ankle, inside ankle and return back over top of foot and wind under heel.



6 Instructions as per step 5.



7 Wrap bandage around inside ankle to outside ankle joint. Ensure heel flap from first bandage is covered.



8 Continue to wind bandage in a spiral configuration to base of the tibial plateau or two finger width below the knee.



9 The bandage is applied in a spiral configuration with a 50% stretch and 50% overlap.



10 Secure bandage with clips or tape e.g. Leukopor® or Leukoplast®. Any excess bandage is placed down the leg without compression.



JOBST® Compri2

Application techniques



1 Apply toe bandaging if toe or significant dorsal foot oedema is present (for lymphoedema patients).



2 Apply the compression padding with the foot at an angle of 90 degrees. Start by wrapping it around the foot, starting at the base of the toes. Continue wrapping it around the foot, overlapping the padding on the back of the foot so that half of its width covers the ankle.



3 The next turn of the bandage goes over the heel. If necessary, prominent points on the leg can be additionally padded with cut-offs of the padding.



4 Continue bandaging as far as the knee and ensure 50% overlapping. The padding should fit the shape of the limb with minimal stretching.



5 Remove excess material and press the end of the padding on lightly.



6 An indicator on the compression bandage helps to ensure correct tension by changing from an oval to a circle when correct tension is applied.



7 Start by wrapping it around the foot at the base of the toes.



8 Pass it around the ankle in two or three figure of eight, ensuring the heel is completely covered. Ensure the foot is kept at 90 degrees.



9 Continue wrapping the compression bandage around the lower leg, overlapping by at least 50%, keeping the bandage under even tension. The indicator on the bandage will be a circle when the correct tension is applied.



10 Cut off excess bandage material and press the compression bandage on lightly. This will ensure the bandage adheres well to itself and to the padding.

