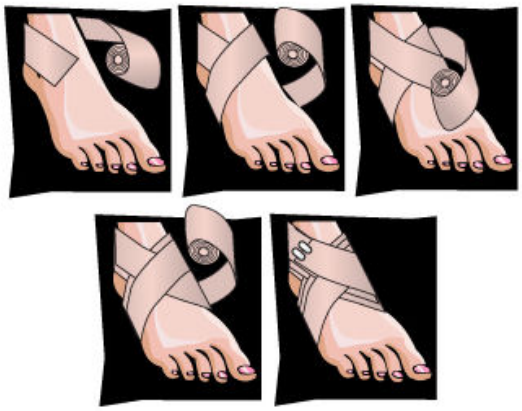
Elastic Bandage

You have been given an elastic bandage to make you more comfortable and to lessen swelling.

HOME CARE INSTRUCTIONS

How to apply:

- Hold the roll in one hand with the loose end in the other hand. Place the outside of the loose end on the patient's hand or foot.
- With your working hand, pass the roll around the patient's hand or foot 2 or 3 times. Wrap so that it is snug, but do not pull on the wrap. It should be not too tight and not too loose.
- Make a “figure eight” turn (like an “x”) around the wrist or ankle.
- Finish the wrap away from the wrist or ankle so the clips will not be over bony areas. Fasten the end with the clips or tape.



© SEIF & ASSOCIATES, INC., 2008

The following problems may mean that the elastic bandage is too tight. You need to remove the bandage and put it on again, less tightly.

- Increased swelling or pain occurs.
- Fingers or toes become pale, bluish, or cold.
- The fingers or toes become numb or tingling.
- There is loss of movement in the injured hand or foot.

Only take medicine as directed by your caregiver.

SEEK IMMEDIATE MEDICAL CARE IF:

- Any of the above problems are not gone 30 minutes after you rewrap the bandage.
- You have other questions or concerns.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 08/23/2005 Document Re-Released: 03/14/2011
ExitCare® Patient Information ©2011 ExitCare, LLC.