“Quick Wrap” for Leg Swelling

When your legs are swollen, it’s important to bandage them the right way. Wrapping them correctly will help move fluid away from your legs.

Follow the steps listed here to bandage your legs. If you have questions, talk to your therapist.

Things to watch out for

- Don’t bandage over your toes.
- Take the bandages off right away if:
  - You have pain
  - You feel numbness or tingling
  - You are short of breath
  - The bandages are dirty
- Tell your therapist if you have trouble walking while wearing your wrap.

What you’ll need

- Lotion (neutral pH, unscented)
- Tape (clear plastic works best)
- 2 tube-shaped (tubular) stockinets for the base layer (1 for each leg)
- 2 tan short stretch bandages 8 cm wide (1 for each leg)
- 2 tan short stretch bandages 10 cm wide (1 for each leg)

How to wrap your leg

Put on the stockinet

1. Wash your leg with mild soap. Rinse, pat dry and put on lotion.

2. Tear off 2 pieces of tape to have ready.

3. Bend your ankle, pulling your toes toward your head.

4. Put on the tubular stockinet like a sock: Pull from just above your toes to the base of your knee. Make sure the fabric is flat to avoid bunching.

Pull on the stockinet like a sock.
Wrap the smaller tan bandage

Hold the bandage roll so that the bandage is coming from the bottom, like a snail coming out of its shell.

1. Starting just above your toes, wrap the 8 cm tan bandage in a spiral from the base of the toes to the ankle. Use 50% overlap and 50% stretch.

2. At the top of the ankle, bring the bandage up and around the ankle. Cross it in front to form an “x” at the top front of the ankle.

3. Keep wrapping up the leg until the bandage runs out. Keep your ankle bent, and gently stretch the bandage with each ½ spiral. The bandage should overlap more at the foot and widen as you go up the leg.

4. Tape down the end of the bandage.
**Wrap the wider tan bandage**

1. Starting at the ankle, wrap the 10cm sized tan bandage in a spiral from the ankle to the knee. Use 50% overlap and 50% stretch. The bandage should overlap more at the ankle and widen as you go up the leg.

   ![Start wrapping the 10 cm bandage at the ankle. Make sure the bandage is coming from the bottom of the roll.](image)

2. Tape down the end of the bandage.

   ![Tape down the end of the bandage.](image)

**Remember to:**
- Keep the bandage in the snail position (coming from the bottom).
- Apply a gentle stretch to the bandage as you wrap.
- Keep your ankle bent as you wrap.

**Wearing schedule**
- Change bandages at least every other day.
- Take the bandages off if you have any problems. (See “Things to watch out for” above.)
- If the bandages get wet or dirty, remove them and put on clean ones.
- If the bandages are falling off, remove them and put them on again.
Taking care of your bandages

• Don’t throw bandages away.

• Wash bandages after every 2 uses to keep their stretch.
  – Wash by hand, or machine wash in a mesh bag.
  – Use warm water and mild soap.
  – Don’t use fabric softener.
  – Lay bandages flat to dry them. Don’t dry them with the long ends hanging down because the bandage will stretch out.
  – You can dry bandages in a mesh bag in the dryer on low heat. Don’t use a dryer sheet.

Special instructions

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