

# Wool and Crepe Bandage Instructions

An information guide



# Wool and Crepe Bandage Instructions

This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E).

You have been seen today by a doctor or clinician and have been diagnosed as suffering from a soft tissue injury. This means you have an injury to a ligament, tendon, or muscle. This injury does **NOT** involve the bone.

A wool and crepe bandage has been applied to your injured limb. Please wear this for as long as advised by the clinician or doctor that you were seen by.

## General advice

- Remove the bandage if your fingers or toes become blue, white, cold, numb or if you experience 'pins and needles'. If there is no improvement of the above symptoms, please seek further advice at your local A&E.
- Avoid wearing nail varnish, rings, or other jewellery on the affected limb until your injury has healed.
- Avoid getting the bandage wet if it does get wet remove it and let it dry.
- Move your fingers and toes on the affected limb as much as possible to avoid them becoming stiff and painful.
- The bandage can become loose after a few days, it can be removed, washed and re-applied.

## Rest

For the next 24 to 48 hours rest your injured limb, keeping your affected limb raised up (elevated). Keep gently moving your limb to prevent stiffness.

## Ice

Apply ice or something cool every 2 hours for 20 minutes for the next 24 to 48 hours, ensure the ice or frozen peas is wrapped in cloth or a towel. **Do not** apply it directly onto the skin as this could cause a burn.

## Elevation

Raise your limb when resting, try to elevate your limb above the level of your heart. This will help reduce the swelling significantly. Continue to elevate as long as the swelling persists.



Lower limb Wool & Crepe



Upper limb Wool & Crepe Bandage

## Pain killers

Take simple pain killers such as paracetamol and/or ibuprofen which can be purchased from a chemist or shop. Take the medication according to the manufacturer's instructions.

## Follow up

There will be **no routine** follow up for patients with this type of soft tissue injury. It can take 2 to 6 weeks for strains and sprains to heal.

If after 3 to 6 weeks you are still:

- Experiencing significant pain or swelling.
- Struggling to weight bear or use your injured limb.

**Please contact your GP for further advice.**

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**

**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

 [www.facebook.com/NorthernCareAllianceNHSGroup](https://www.facebook.com/NorthernCareAllianceNHSGroup)

 [www.linkedin.com/company/northern-care-alliance-nhs-group](https://www.linkedin.com/company/northern-care-alliance-nhs-group)

 Northern Care Alliance NHS Group (NCA) @NCAlliance\_NHS

**Date of publication: September 2020**

**Date of review: September 2020**

**Date of next review: September 2022**

**Ref: PI(M)745**

© The Northern Care Alliance NHS Group

[www.pat.nhs.uk](http://www.pat.nhs.uk)

[www.northerncarealliance.nhs.uk](http://www.northerncarealliance.nhs.uk)

