

Compression Bandaging/Therapies

An information guide



Compression Bandaging/Therapies

You have been given this leaflet because you need special bandages/therapies to treat your venous leg ulcer or mixed aetiology ulcer. You should already have received the leaflet "Venous Leg Ulcers". If not please ask the healthcare professional providing your treatment.

Why you need compression bandaging/therapies

Your compression bandages have been applied in order to improve the problems associated with your damaged veins and to help your ulcer to heal by improving the blood flow back to your heart. There are different types of bandages and your healthcare professional will decide on the most suitable one for you.

It may not always be possible to continue your compression therapy whilst in hospital. A suitable dressing will be applied until the compression can be recommenced. During your time in hospital please try to rest and elevate your legs to help with the healing process.

How is compression bandaging applied?

Your ulcer will be dressed in a similar way to any other wound. The bandages (of which there may be a number of layers - between 2, 3 or 4) are applied over a layer of padding which cushions your leg.

The bandages will be applied from the base of your toes to just below the knee, which prevents your foot and the top of your calf from swelling. The bandages should feel firm (not too tight) and allow your ankle and foot to move freely.

Please try not to remove your bandages, as disturbing them will interfere with the healing of your ulcer. Also please do not attempt

to reapply your bandages as this could be dangerous and result in further ulceration. Compression bandages should only be applied by a healthcare practitioner who has undergone specialist training.

Wear sensible footwear and consider a larger shoe to accommodate the bandages. Trainers give good support, whereas slippers do not. Please ensure that your bandages remain dry whilst bathing and showering. Please ask your healthcare professional about showering aids available on prescription.

Remember your leg ulcers may take a long time to heal but they will get better with your help.

Caution

If you have any of the problems listed below it may be necessary for you to remove the compression bandages immediately and contact your nurse straightaway. Example of problems:

- Prolonged numbness or tingling of your toes
- Regular cramp-type pain in your legs/feet
- Bluish discoloration of your toes
- Excessive coldness – check unbandaged foot to see if different colour or temperature to bandaged leg
- Pain (more severe than usual)
- Bandages have slipped down your leg (slipped bandages can often cause tight bands around the leg, creating circulation problems and new ulcers)
- Unusual swelling of your toes/knees where the bandage starts and finishes
- Itching of your leg (more than usual).

Telephone Numbers for each service:

Telephone:-.....

Single point of access number:-.....

Locality:-

The Northern Care Alliance NHS Group

Oldham Care Organisations

Vascular Service Clinic:

Telephone:

Salford Leg Ulcer Services

Salford Royal Foundation Trust

Stott Lane Salford,

Manchester, M6 8HD

email cvt.team@nhs.net or tissue.viability@srft.nhs.uk

Tel: 0161 206 1700 community

Tel : 0161 206 2113 Acute

Fax : 0161 206 2654

Further Advice

If you have any concerns or question about the information in this leaflet, please feel free to contact the team that is seeing you and they can answer any query you may have.

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

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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).

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