

## Compression Wraps

Compression wraps are elastic wraps used to provide compression or support for those who suffer from lower leg edema (swelling) or lower leg ulcers (venous ulcers). Compression bandaging promotes normal flow of blood, assists in decreasing edema and promotes wound healing.

Your Empath nurse applies the compression wrap after receiving orders from the physician or nurse practitioner. It is normal for the compression bandage to feel snug when it is applied but it should not be painful. It may also feel tighter at night during the first few days of treatment.

### **What to Do:**

- Don't alter or rewrap the bandage on your own.
- Avoid sitting or standing in one position for more than 2 hours.
- Wear loose clothing.
- Avoid crossing your legs.
- Do calf muscle exercises as tolerated (i.e., walking or wiggling toes).
- Keep the compression bandage dry at all times (i.e., cover with bag during shower).
- Elevate your legs above the level of your heart throughout the day (minimum 30 minutes 4 times per day).

### **The Empath Health Nurse May Need to Change the Compression Wrap if:**

- The wrap starts falling down.
- The wrap gets wet.
- Drainage from the wound starts coming through the wrap.

### **Call Empath Health Immediately if Experiencing:**

- Increased pain in the lower leg(s).
- Numbness, tingling and/or "pins and needles" in the toes or feet.
- A change in the color or temperature of the toes.

Call Empath Health with any questions (888) 855-2838: \_\_\_\_\_

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