

What to expect during compression bandaging

Your legs will be bandaged for a period of time to reduce the swelling (fluid) in your legs. The bandages give support to your legs. This support helps the blood vessels move the fluid back up your legs. This treatment is called compression therapy. As the fluid decreases, your legs will become less swollen and often feel lighter. There are different types of bandages. The community nurse will choose the type that is best for you. How often your legs need to be bandaged depends on your situation.



Velcro compression wrap

With this type of wrap, you can adjust the tightness yourself.

The community nurse will explain how to use it and show you what to do.

- You will have fewer nurse visits and more freedom.
- You can take the wrap off at night.
- You can remove it when you shower.
- The community nurse usually visits once a week to measure whether the swelling is going down.

or



Self-adhesive compression bandage

With this type of bandage, the community nurse will apply and replace the bandages for you.

- The nurse usually visits once or twice a week for several weeks.
- These bandages are worn day and night.

Compression stockings

Your doctor will decide whether you need compression stockings after the swelling in your legs has reduced. Sometimes they are not needed. Compression stockings help prevent swelling from coming back. They need to be measured specially for your legs. This is done by a compression therapist.

- You make an appointment with the compression therapist yourself, for example about three weeks after bandaging has started. Discuss this with your community nurse.
- Keep wearing the bandages until your appointment, also on the day of the fitting. Otherwise the swelling may return and the stockings cannot be measured correctly.
- After the fitting, continue wearing the bandages until you receive your compression stockings.

What you can do yourself

Helpful tips

- Keep your bandages dry. Ask the community nurse how to keep them dry when showering.
- When sitting, try to keep your legs raised. This helps prevent fluid from building up in your legs. You can also raise the foot of your bed slightly.
- Try to continue your normal daily activities. You can still cycle and drive.
- Avoid standing or sitting still for a long time. This is not good for circulation.
- Try to walk at least 30 minutes every day. Walking helps reduce swelling.
- Wear comfortable flat shoes that are not too tight.
- You can also move your feet while sitting. For example, rotate your feet in circles several times a day.

When should you contact the community nurse?

- You feel severe pain in your legs, feet or toes.
- The bandages feel too tight and your toes turn white.
- You become short of breath.
- Your toes look blue after bandaging and the colour does not return to normal after moving your legs.