



## Compression Bandages

### Information and advice for patients

Compression bandages can be applied in 2, 3, or 4 layers to support with the healing of venous leg ulcers. The applied compression gives support to your calf muscle, which helps reduce the pressure in the veins by enhancing the flow of blood back towards your heart.

Compression bandages should feel comfortable, firm, and supportive but not too tight or painful. If you experience any of the following symptoms, you should remove the bandage immediately, seek medical advice, and inform the nurse looking after you:

- Pins and needles sensation in your toes
- Continuous blue or white toes
- Swelling of your toes
- Unusual pain in your leg, foot or toes
- Numbness or reduced sensation
- Excessive itching, burning, or irritation
- Increased shortness of breath

To be effective, your bandage should be left in place and undisturbed between dressing changes. Your bandage should always remain smooth, with no creases. If you have any leakage or slippage of the bandages, they will need to be reapplied by your Practice or District nurses.

#### Additional advice

Walk or exercise regularly to keep the calf and foot muscles working properly.

Perform foot and ankle exercises by moving your feet up and down and rotating your feet round and round.

When sitting, elevate your leg(s) higher than your hip if possible.

#### Accessibility

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