

### Patient position

The patient in supine position, the legs angled and supported by a firm cushion. Keep the material ready on a bandage trolley.



Before bandaging, carefully massage an acid buffered skin conditioner (Cutimed® Acute, cream mousse) into the skin.



Measure out the tubular bandage (Tricofix®) to be used as underwrap: double the leg length from the tip of the foot to the groin.



Gather up the tubular bandage (Tricofix®) along its entire length.



Pull onto the leg as far as the groin. The section remaining at both ends will be pulled over the padding material later.



To bandage the toes, use a fixation bandage of 8 cm (Elastomull®) doubled to a width of 4 cm. Start with an anchor around the forefoot.



Bandage the big toe with light tension.



Bandage the other toes. Leave out the little toe since it is very pressure sensitive and usually not edematous.



Finish the toe bandaging with an anchor around the metatarsophalangeal joints.



Starting on the forefoot, apply a 10 cm wide synthetic padded bandage (Soffban®) and take in loose circular turns to the calf. The end of the tubular bandage fixes the start of the bandage.



Apply three 15 cm wide padded bandages (Soffban®) in circular turns from the calf to the groin.



Begin with two turns of a 6 cm wide textile-elastic short-stretch bandage (Comprilan®) around the metatarsophalangeal joints.



Roll the bandage over the medial edge of the foot across the heel to the dorsal foot (do not pull).



Repeat this turn slightly offset.



Take the bandage into an extended figure of eight.



Fit the ankle with an 8 cm wide short-stretch bandage (Comprilan®).



The bandage runs in figures of eight 2-3 times around the upper ankle and the foot and ends on the heel.



It's important to have good contact between the individual turns of the bandage. Therefore the bandage should be smoothed down well and creasing should be avoided meticulously.



If necessary, the bandage can be reinforced with a further 8 cm wide short-stretch bandage (Comprilan®).



Bandage the calf in figures of eight using a 10 cm wide short-stretch bandage (Comprilan®), starting with a circular anchor.



On top, apply another 10 cm wide short-stretch bandage (Comprilan®) in figures of eight in the opposite direction. To make the tape strips easier to remove when changing the bandage, the ends of the strips should be folded over.



Bandage the rest of the lower leg with a 10 cm wide short-stretch bandage (Comprilan®) running in the opposite direction.



The bandage ends below the knee. Fix its end with strips of surgical tape (Leukoplast®).



Starting with a 15 cm padded bandage (Soffban®) below the knee.



Pad the thigh as far as the groin.



Pad the knee pit with foam (Leukotape® foam), with a length of about 1/2 of the knee circumference.



Apply a 12 cm wide short-stretch bandage (Comprilan®) starting with a circular turn above the calf, in figures of eight.



Closely overlap around the knee. Smooth the bandage down towards the patella.



Fit the thigh with a 12 cm wide short-stretch bandage (Comprilan®), applied in the opposite direction, with highly overlapping figures of eight and fix with strips of surgical tape.

### Material Required

<b>Skin care</b> Cutimed Acute 125 ml -5% 2764105	<b>Fixation bandage</b> Elastomull 8 cm x 4 m (cello) 209600 Elastomull 6 cm x 4 m (cello) 209500	<b>Alternative fixation bandage</b> Elastomull haft 4 cm x 4 m 4547000	<b>Compression bandage</b> Comprilan 6 cm x 5 m (ind.) 102600 Comprilan 8 cm x 5 m (ind.) 102700 Comprilan 10 cm x 5 m (ind.) 102800 Comprilan 12 cm x 5 m (ind.) 102900
<b>Skin protection</b> Tricofix e/6 8 cm x 20 m 219700 Tricofix f/7 10 cm x 20 m 219800	<b>Padding material</b> Soffban 10 cm x 2,7m 7148605 Soffban 15 cm x 2,7m 7146501 Leukotape foam 30 cm x 20 cm 977600	<b>Alternative padding materials</b> Comprifoam 10 cm x 2,5 m x 0,3 cm 7529401 Comprifoam 10 cm x 2,5 m x 0,4 cm 7529400	
<b>Fixation material</b> Leukoplast with snap ring 2,5 cm x 5 m 152200			