

# The Right Stuff: Wrapping for Lymphedema

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## Objectives

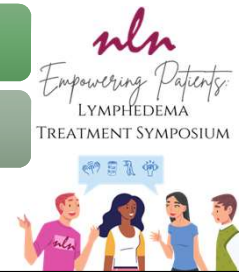
- Attendees will understand the gold standard bandage for effective and successful treatment of lymphedema during multilayer compression bandaging.
- Attendees will understand compression gradient and the concepts to achieve it with multilayer compression bandaging.
- Attendees will understand supporting supplies used with multilayer compression bandages.



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## Why Compression Bandaging?

- To reduce new lymph
- Improve vascular return
- Prevent reflux of lymph already mobilized
- Improve quality of skin (reverse lymphostatic fibrosis)
- Increase muscle pump efficiency



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## Short Stretch Bandages

- Not your grandparents beige bandage



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## Gold Standard Bandage

### Short Stretch Bandage

- 100% cotton
- No elastic
- Stretch and recoil
- **High Working – Low Resting Pressure!!!!**



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## Bandage Brands

### Short Stretch Bandage

- Various brands=Comprilan, Rosidal K, Biaform, LoPress, Norband

### Long Stretch Bandages

- Popular brand=ACE bandage

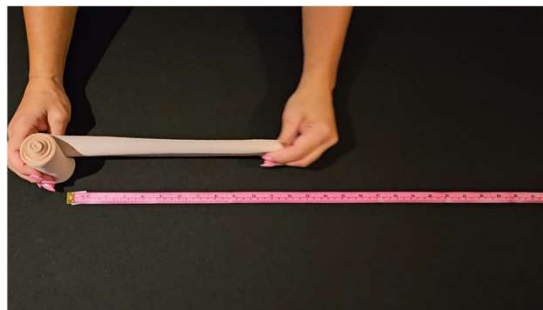
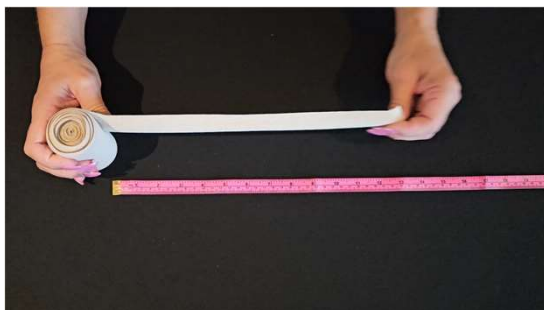


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## Short vs Long Stretch

**Short Stretch Bandage= 50%**

**Long Stretch Bandage=100-300%**



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## Short Stretch Working Pressures

### High Working

- Bandage creates **increased resistance/compression** to limb with **muscle contracting** resulting in increased fluid movement into vessels.



### Low Resting

- Bandage creates a **container with muscle at rest** resulting in prevention of backflow of fluid into limb.



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## Long Stretch Working Pressures

### High Resting

- Elastic continually squeezes limb potentially creating tourniquet effect when limb is at rest.



### Low Working

- Muscle contracts bouncing elastic out with contraction resulting in no container for limb.



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## When Should Bandaging Happen?



**Initiated during intensive phase of CDT**



**Performed by a skilled CLT**



**Ideal Frequency every 24 hours**



**Can be used in maintenance phase CDT**

To perform skin care

Bandage does not reduce with limb reduction



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## SS Bandaging Outcomes

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## Compression Gradient

**More Compression Distally,  
Less Compression Proximally**

- More layers distally than proximally
- Start SS bandages distally
- Narrow bandages farthest, wider bandages closer to body
- Constant tension; Do not pull tighter to get more compression

**Inverted Cone Shape is Needed  
(Law of Laplace)**

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## Supporting Supplies

Foam

Cotton


Gauze

Stockinette




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## Why Foam?!?!?!?



- Foam helps to create inverted cone shape
- Foam helps to reverse lymphostatic fibrosis
- Foam protects bony prominences
  
- Density of foam matters
  - Thick foam
  - Thin foam
  - Textured foam



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## Supporting Supplies

- Gauze for fingers/toes
- Cotton for anti-shearing at joints
- Stockinette to wick moisture from skin, protect skin from bandages
- Protective footwear/handwear including post op shoes, gloves, etc.



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## Thank You!!

Email questions to [denise@pathways411.com](mailto:denise@pathways411.com)



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