

What to expect during compression bandaging

Your leg will be bandaged for a period of time to reduce the swelling in your leg. The bandages support your leg and help the fluid move back up the leg. This is called compression therapy. As a result, your leg will become less swollen and feel less heavy. There are different types of bandages. The community nurse will determine which type is most suitable for you. How often your leg needs to be bandaged depends on your situation. Compression bandages are usually covered by basic health insurance. However, the costs may count towards your deductible, so always check your insurance policy.



Velcro wraps

You can put this on yourself and tighten it when needed. The community nurse will explain how to use it and provide clear instructions you can read again later.

- The nurse needs to visit less often.
- You can wear your normal shoes.
- You can loosen or remove the wrap at night.
- You can loosen or remove it before showering.
- The community nurse visits once a week to check whether the swelling in your legs is reducing.

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Self-adhesive compression bandage

The community nurse will visit you to apply these bandages.

- Usually, the community nurse visits once or twice a week for several weeks. The nurse replaces the bandages and checks whether the swelling has reduced enough.
- These bandages are worn day and night.
- If your normal shoes no longer fit, you can safely walk using medical bandage shoes. These need to be purchased yourself.

Compression stockings

The community nurse will let you know when the extra fluid in your leg has reduced enough. After this, there are two possibilities: you may need compression stockings, or they may no longer be necessary. Compression stockings are fitted by a compression therapist.

- You make the appointment with the compression therapist yourself, for example about three weeks after bandaging has started. Discuss this with the community nurse.
- It is important to keep wearing the bandages until your appointment with the compression therapist, including on the day of the appointment. Otherwise the swelling may return and the compression stockings cannot be fitted properly.
- After the fitting, continue wearing the bandages until you receive and start wearing your compression stockings.

What you can do yourself

Important tips

- Keep the bandages on day and night. If you remove them, the swelling in your legs may increase again. This means it may take longer before the swelling has reduced enough and the bandaging treatment can stop.
- Keep your bandages dry. Ask the community nurse how to keep them dry while showering.
- When sitting, keep your legs raised (horizontal) as much as possible. This helps prevent fluid from building up in your legs. You may also raise the foot of your bed slightly.
- Try to continue your normal daily activities as much as possible. You can still cycle and drive.
- Sitting or standing still for a long time is not good for your circulation. Try to avoid this. Move regularly and walk for at least 30 minutes every day. This helps reduce swelling in your legs. Wear comfortable flat shoes that are not too tight. If you get cramps, walking for a short time often helps.
- It is important to do exercises while sitting. For example, rotate your feet in circles several times a day, draw shapes in the air with your feet, or lift your toes and heels alternately.

When should you contact the community nurse?

- If you feel severe pain in your legs, feet or toes.
- If the bandages feel too tight and your toes turn white.
- If you become short of breath.
- Your toes may sometimes look blue immediately after bandaging. If the colour does not return to normal after moving your legs, please contact the community nurse.

Want to know more? Scan the QR code and read more information at ikzorgzelf.nl.

