

Bandaging for patients with lower limb burns

How to bandage

Step 1:

- Keep the ankle at 90-degree angle



- Start slightly below the fifth toe, and pull the bandage at about 50% stretch



- Go around the forefoot twice



Step 2 (figure of eight):

- Pull the bandage towards inside edge of heel



- Go around the heel, up towards the big toe, then under and across the sole



Step 3:

- Repeat Step 2 as you continue applying the bandage towards the shin – leave about one finger space between each layer



Step 4:

- Keep going until the sole is covered



- Circle the bandage around the shin, towards the knee. Each layer should overlap the previous layer by half the width of the bandage



Step 5:

- Secure the end of the bandage with 3M™ Micropore™ medical tape (or similar).



Step 6 (if more than one bandage is required):

- Secure the first bandage with tape
- The second bandage should start where the first one ends



- Secure the end with tape like in Step 5

FAQs

What is the purpose of bandaging?

It provides external support to protect your newly grafted area during rehabilitation activities such as walking. It also minimises the risk of swelling, blood pooling and discomfort, such as the “odd” sensation of blood trickling/pain when the affected leg is hanging down.

When should I apply the bandage?

If you plan to walk for more than 5 minutes, apply the bandage to protect the graft area and reduce the risk of swelling.

Why can't I use pins to secure the bandage?

Pins have sharp edges and could cause an injury.

When should I remove the bandage?

Remove the bandage when you are ready to rest and do not intend to get up and walk. It is important to keep your leg elevated before removing the bandage. It prevents the blood from pooling at your ankle, which could cause discomfort.

Can I wash the bandage?

Yes. Wash by hand, lay it flat and dry indoors. Refer to more detailed washing instructions in the bandage product brochure.