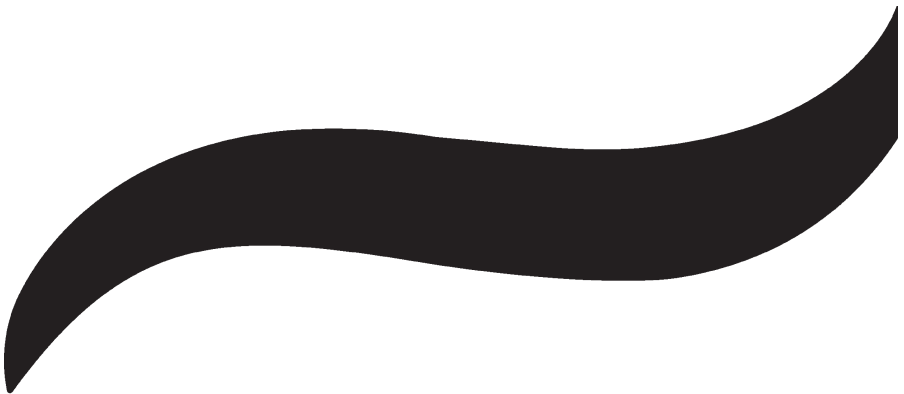




# Advice on the use of Compression Wrap

Information for patients  
Hand Therapy



## COMPRESSION WRAP

Compression wrap is a re-useable elastic wrap that sticks to itself, but it will not stick to your skin.

It is used to provide compression and support to help reduce oedema (swelling) in your hand or fingers. Oedema can occur with various conditions or after injury to your hand or fingers. When applied, compression wrap will gently push the swelling out of the affected area.

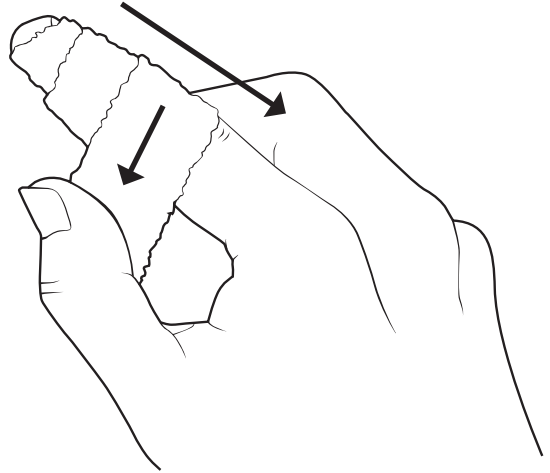
### HOW DO I USE IT?

1. Unwind a few centimetres of compression wrap, gently stretching it and allow it to bounce back before applying.
2. Lightly wrap compression wrap from your fingertip to the bottom of the finger. Apply one full wrap around the finger, overlapping each turn by half width of the wrap. Ensure you leave the fingertip free so that you can see the finger for any colour changes. Make sure you do not wrap around the finger too tightly. Pressure should be firm but not painful and should decrease as you wrap towards the bottom of the finger. When you reach the bottom of the finger secure the wrap by gently pressing the compression wrap so that it sticks to itself.
3. Bend and straighten your fingers a few times and you will feel the compression wrap tighten.
4. Check your fingertip to ensure it has not changed colour. If your finger changes colour, other than pink and does not settle after a few minutes, or you feel throbbing or discomfort you may have applied it too tightly.
5. If your compression wrap is too tight, remove it and wait one or two minutes before re-applying

## WEARING TIME

Wear compression wrap as advised by your therapist. Remove when soaking or bathing the hand. If your finger does get wet while wearing compression wrap, remove the wrap, dry your finger and re-apply a fresh piece of wrap. Do not leave wet wrap on your finger.

It is important to wear compression wrap while exercising and moving the fingers/hand. If it feels restrictive, remove the wrap and re-apply afterwards. Try not to exclude the wrapped digit from activities, unless advised to by your therapist.



## IMPORTANT NOTES:

- ❖ Do not place tape over an open wound.
- ❖ Regularly check the area compression wrap has been applied to looking for any signs of redness or skin irritation.
- ❖ Do not use compression wrap if you have any allergy to or are sensitive to latex. A latex-free wrap is available.
- ❖ If you have any concerns while wearing compression wrap, discontinue using it and speak to your therapist.

If you have any problems/questions regarding any of the above information, please contact your therapist on:

- ❖ 01698 752088 – University Hospital Monklands
- ❖ 01698 366420 – University Hospital Wishaw
- ❖ 01355 585298 – University Hospital Hairmyres

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