

Multi-layer lymphoedema bandaging

Information for patients

A decorative graphic at the bottom of the page consisting of several overlapping, wavy bands of color in shades of purple, teal, and blue, creating a sense of movement and depth.

**Community
Lymphoedema Service
(non-cancer)**

**C/O Podiatry Services
South Wigston Health Centre
80 Blaby Road
South Wigston
Leicestershire LE18 4SE**

Tel: 0116 295 3452
(9am - 4pm Mon to Fri excluding bank holidays)

Multi-layer lymphoedema bandaging:

This is sometimes needed before you are issued with compression garments/hosiery if:

- Compression garments/hosiery are not available for the size or shape of your limb.
- Your skin is fragile and may be damaged by putting on and removing garments.

There are three components to multi-layer lymphoedema bandaging:

Please note the bandages used in the lymphoedema clinic contain **latex**. Please let us know if you have a **latex allergy** so we can use an alternative. Please note **we do not recommend that you drive whilst in multi-layer lymphoedema bandaging**.



1

Tubular
bandage



2

Padding/soft
bandage – to
protect soft
tissue, bony
areas and create
desired shape.



3

Cohesive inelastic
compression bandage
(usually Actico) –
provides compression
promoting the
reduction of oedema.

What will I need to bring?

On your **first** bandaging appointment you will need to:

- Wear loose clothing.
- Bring a shoe with you to accommodate the bandaging.
- A trainer is ideal but needs to be two sizes larger than you would normally use.
- Alternatively, a suitable medical shoe/surgical boot may be provided.

On your **second** appointment when you will be rebandaged, you will need to bring the following:

- A washcloth.
- Soap.
- A towel.
- Your emollient (moisturiser).

What will I need to do between appointments?

Keep your bandages dry:

- You will need to keep your bandages dry, we can advise you where you can get a waterproof cover if you wish to shower. If you need a limbo waterproof protector - your specialist will have a referral leaflet for you.

Exercises:

- As **multi-layer lymphoedema bandaging** works by applying pressure, which is **low** when you rest and **high** when you are exercising, we advise you (where possible) to continue your day-to-day activities and any exercises provided by your lymphoedema specialist.
- It is otherwise important that you continue to elevate your affected limb/s when you're resting.

Other therapy:	• Self-lymphatic drainage as demonstrated to you by your therapist.
Remove your bandaging immediately if you develop:	• Pain. • Change in skin colour. • Numbness in your toes, tingling, or any other change in feeling. 
What will happen after my course of bandaging?	You will be measured for the appropriate garment for you whilst you continue your self lymphatic drainage and exercises.

If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask a member of staff.

What if I have any other questions?

If you have any questions before or during your course of treatment, please feel free to contact us either by phone or email - contact details on the front of this leaflet.