

# Hand Compression Bandaging

## Purpose

- To decrease swelling.
- To assist with managing scars.

## Application

- Unwrap the bandage and allow the tension to relax.
- Wrap from the tip of finger to the base.
- Do not pull more than half of its stretch.
- Overlap by half the width each time.
- Cut off any excess material and secure the bandage to it self by gently pressing it down.

## Wearing Instructions

Please follow the wearing regime recommended by your therapist:

- 24 hours    Day time    Overnight

## Precautions

- Do not apply too tightly:
  - If it is too tight, remove and wait 1-2 minutes before reapplying with less stretch.
- Check that your finger does not:
  - Turn a different colour (e.g. purple, blue, white)
  - Throb or changes sensation (e.g. pins and needles)
- Check the fingertip colour after application by gently pressing for 3 seconds then releasing. Colour should return within 1-2 seconds.
- Cover open wounds with a sterile dressing before applying the bandage.
- If you notice redness, a rash or itching that is beyond normal, remove and notify your Occupational Therapist
- Wrinkled skin on removal of the bandage is normal.

## Storage

- Keep leftover bandage in a dry place.
- If you experience any problems with the compression bandaging, remove it and contact your therapist.

**Please contact your therapist if you have any queries or concerns.**

**Therapist:** \_\_\_\_\_

**Phone: (07) 3646 7100**



**Standard 2**  
Partnering with  
Consumers

