

Compression bandaging for your Venous Leg Ulcer

A venous leg ulcer can be caused by veins not working properly in your leg. Compression bandages will help the veins work better to heal the leg ulcer.

Compression bandaging

This is a type of bandage used on the lower leg that can help to heal leg ulcers. It applies tight pressure at the ankle with decreasing pressure at the calf.

The bandage works by applying the right pressure required to treat active or healed leg ulcers and may provide a significant reduction in any swelling of the legs. The bandage can remain in place for up to seven days.

There are 2 different types of compression bandages to choose from:

- Four multi-layer bandage system
- Two layered bandage system.

Both systems provide compression on your leg and help to absorb any discharge that may come from the site of your leg ulcer. Both systems also may reduce the swelling in the leg(s).

Two layered bandage system

The two layered bandage system lets you wear normal footwear and have a good level of comfort, both day and night. It is also much quicker to apply.

If you have previously worn a four multi-layer bandage the first thing you will notice is that this type of bandage is a lot slimmer than what you have worn before.

Four multi-layered bandage system

Some patients may experience pain from the pressure of the bandage. Some patients may find it difficult to get their 'normal' shoes on.

Things to remember

- Try to avoid getting the bandage wet
- Never try to reapply the bandaging system yourself, always contact your healthcare professional to reapply a new bandage.

Continued overleaf...

Originator: Community Nursing Service & Tissue Viability Service

Possible side effects

If you develop any of the following symptoms, remove the bandage and contact your community nurse:

- Pain in your feet or toes
- Pale, cool or numb extremities
- Swelling or discolouration of your toes or skin.