

## Self-Bandaging for the Arms

Compression bandaging helps to stimulate the lymphatic system. The compression of the bandages and the movement of the muscles help to decrease the swelling.

### How to bandage

- Follow these steps to ensure the bandaging is applied properly.
- Before bandaging, get your supplies ready. Make sure the bandages and padding are rolled up tightly to make it easier.
- Have pieces of tape ready before bandaging.

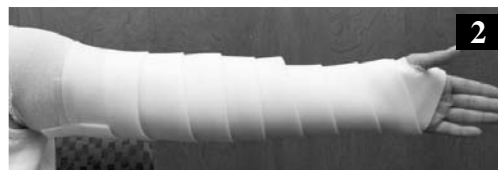
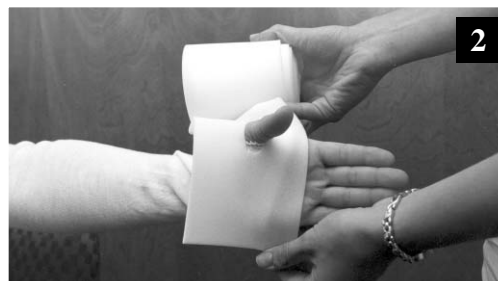
#### 1. Put stockinette on the arm(s).

#### 2. Begin wrapping with the padding.

- Place thumb in the thumb-hole of the padding with palm facing up.
- Wrap around the base of the hand and wrist. Continue up the arm overlapping each layer by  $\frac{1}{2}$  the width of the padding. Do not pull or apply tension. At the end of the roll, tape the end down.

#### 3. Begin bandaging.

- Begin with the 6 cm bandage (smallest width) at the palm of the hand and pinch the end with your thumb.
- Fold the bandage in half when going between the thumb and index finger.
- Wrap around back of the hand and then around to the palm of the hand to anchor the end of the bandage.
- *Smooth the bandage so there is no gap at the back of the hand.*



- On the next turn, wrap around the back of hand below the thumb (closer to the wrist).
- Repeat \_\_\_\_\_ times.
- ***Make sure that the bandage covers the padding completely.***
- Continue up the wrist and arm-overlapping each layer by ½ the width of the bandage. When roll is done, use tape to hold in place.

**Note:** *Check the pressure of the bandage at the hand. Make sure you are able to get your finger under the end of the bandages at the top and back of the hand by the fingers. If not, you have put the bandage on too tight and you'll need to reapply it.*

**4. Now use the 8 cm bandage.**

- ***Make sure you apply the bandage in the opposite direction to avoid a tourniquet effect.***
- Begin at the wrist and wrap toward and above elbow overlapping ½ the width of the bandage. Try to cover the padding completely. Use tape to hold in place when the roll is done.

**5. Apply one more 8 cm bandage.**

- ***Apply this one in the opposite direction of the previous bandage.***
- Start this bandage in the middle of the forearm. Wrap up the arm.
- Overlap each layer by ½ the width of the bandage as you go up the arm. Tape the end down when the roll is done.

**Note:** *After bandaging is complete, check the pressure at the top of the bandaging. If you can't get your finger underneath the bandage, you have put it on too tightly and you will need to reapply it.*

**6. Wear the bandages as directed by your therapist.**



The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.