

Wrapping Elastic Bandage (Ace Wrap) for Above the Knee Amputation

1. Start with a 3- to 4-inch elastic bandage (Ace wrap).
2. Place the Velcro away from the skin. Start at your groin and angle down toward the outside end of your leg.
3. Wrap bandage around your leg and back up toward your starting point.
4. Next, wrap it in front of your leg and then angle the wrap on the back of the leg down toward the inner end of your leg.
5. Continue in a figure eight fashion until your residual limb is covered.
6. Once your residual limb is covered, bring the wrap up around your waist to anchor the bandage.
7. Your residual limb should be rewrapped every 4 hours. Inspect your skin each time you wrap.

General notes

- Apply gentle tension to the wrap while applying, but avoid wrapping too tight.
- Avoid horizontal/crosswise movements as they can stop blood flow if applied too tight.
- The most important areas to cover are the corners at the end of your residual limb.
- Remember to run the wrap under your underwear when completing the loop around your waist to allow easy access when using the bathroom.
- You may need to use 2 wraps to complete the technique with the wrap around your waist.
- Remember to always feel the end of your leg for any wrinkles that may be present.
- Ace wrap should be snug but not painful. If you have pain, numbness or tingling, remove the wrap and inspect the skin.



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.