



Compression Paste Bandage

Patient Instruction Sheet

The Do's and Don'ts in Application

Compression paste bandages are gauze roll bandages saturated with zinc oxide (with or without calamine lotion) used to improve venous circulation, reduce swelling, and promote healing of wounds.

Supplies

Basin, washcloth, towel, liquid soap, compression paste bandage, dry gauze roll, tape, elastic bandage, scissors, convenient rest for leg.

Do

- ✓ Apply the compression bandage in the morning before the leg swells
- ✓ Carefully remove previous bandage
- ✓ Inspect the leg and any wounds, noting any changes
- ✓ Cleanse leg and wound with soap and warm water, using a basin or shower, drying gently by patting towel against skin
- ✓ Apply any medications or special dressings to ulcers or wounds as directed
- ✓ Elevate and rest leg and foot to apply bandage
- ✓ Start applying the bandage at the base of the toes, overlapping the paste bandage 50% in a figure of eight pattern
- ✓ Continue wrapping dressing to within 1 inch of the knee, using firm, even pressure
- ✓ Put pleats on the edges of the bandage when wrapping for a better fit around the leg
- ✓ Cover the paste bandage with dry gauze roll
- ✓ Cover the paste bandage and dry gauze roll with an elastic bandage, wrapping supportively with gentle pressure from base of toes to within 1 inch of knee
- ✓ Secure the ace bandage with tape
- ✓ Cover the dressing with a nylon stocking or sock to keep it clean
- ✓ Cover the dressing with a plastic garbage bag when bathing to prevent getting the dressing wet, keep the dressing dry at all times
- ✓ Resume walking because this decreases the swelling in your leg especially once the compression dressing is applied
- ✓ Elevate your leg above your heart as much as possible when not walking. This should be done at least three times per day for 20–30 minutes — more is better
- ✓ Monitor your legs for pain, numbness, tingling, or color changes after the dressing is applied. Call your healthcare provider for any questions or concerns
- ✓ Change the dressing every _____ days as ordered by your healthcare provider.

Don't

- ✓ Apply the compression bandage before checking the pulses in the feet. Consult the prescriber if there is any question or concern
- ✓ Apply the new dressing at the end of the day when the leg is swollen
- ✓ Reapply the new dressing before first washing and inspecting the leg and any wounds
- ✓ Apply the dressing with the leg down (dependent position)
- ✓ Wrap the dressing around the leg haphazardly, creating bulky folds which produce pressure areas, especially over the foot
- ✓ Wrap the dressing or ace bandage too tightly
- ✓ Encircle the ace bandage with tape — this could reduce circulation
- ✓ Get the dressing wet when bathing
- ✓ Sit with legs down or stand for long periods of time

Follow-up

It is important to keep your appointments. A trained family member or certified health agency nurse can change the compression bandage at home. If problems arise, or if you have any questions, contact your provider.

Phone number(s) to call: _____

Emergency care: _____