

# Pathway for the application of Safe Soft Lower Leg Bandaging

This guidance is to support the application of a simple spiral bandage using a safe soft bandaging technique.

**This guidance can be implemented for:**

- Securing dressings, where adhesive dressings cannot be used on the lower leg
- Assisting with the management of lower leg oedema.
- Lower Limb wounds that are awaiting a specialist review (Consultant or Specialist Nurse) as a temporary measure.

## 1. Assessment

- Remove all bandages when a wound care intervention is required and undertake a skin inspection (within 2 hours of admission/transfer for secondary care patients)
- Document all wound assessments accordingly. (Use the Skin Integrity Wound Assessment and Care Plan and complete the Skin Integrity Datix/ Dashboard for Secondary Care patients).

## 2. Skin Care

- Wash the leg(s) at each wound care intervention and apply emollient in accordance to local formulary, using a large amount to all areas of intact skin, working in the same direction as the hair grows.

## 3. Tubular bandage

- If the patient is sensitive to wadding bandages apply a tubular bandage from the toes to the knee.
- Ensure the tubular bandage is long enough to cover the lower limb from the toes to knee and is not too tight.

## 4. Sub bandage wadding

- Flex the foot at a 90 degree angle. Bandage from the base of the foot (leaving the toes uncovered), applying two turns above the toes to secure the bandage.
- Continue in a spiral motion overlapping by 50%, stopping two fingers width from the back of the knee. Ensure any foot deformities and/or vulnerable points are protected from excessive pressure.

## 5. Light support bandage (10cm)

- Apply from the toes just above the wadding (to prevent rubbing), in a spiral motion overlapping by 50%. Stopping just below the wadding at the back of knee (two fingers width), cutting off any excess and securing with tape.

## 6. Circulation

- Check the circulation by pressing on a nailbed to establish capillary refill.
- If the colour does not return straight away, the bandage may be too tight and will require adjusting.

## 7. Patient Information

- Advise the patient to alert a health care professional if the bandage becomes uncomfortable, their toes become discoloured and/or swollen.
- Advise the patient to elevate their legs when at rest.



**Definition:**

|                              |  |
|------------------------------|--|
| <b>Tubular Bandage</b>       | e.g. Comffast, Clinifast                 |
| <b>Sub bandage wadding</b>   | e.g. Formflex, Soffban, Velband, Cellona |
| <b>Light support bandage</b> | e.g. K - lite                            |

If the named product on this pathway is not available a temporary second line product is available to use. This can be found within the main text of the Doncaster Wide Wound Care Formulary Document.