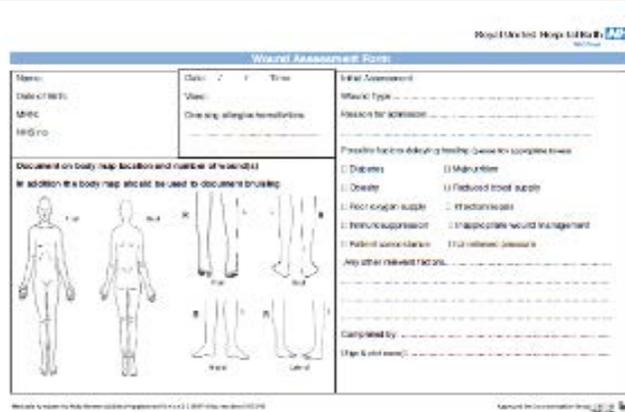


# Safe Soft Bandaging Technique

- This is guidance is to support registered nurses who have been trained and are competent in safe soft bandaging.
- Use your clinical judgement to guide management.
- Consider alternatives to bandaging, for example a simple foam silicone dressing (Allevyn Gentle Border).
- For patients with leg ulcers, refer to the leg ulcer protocol.
- Contact the relevant specialist for further advice: Tissue Viability Nurse ext: 1112, Vascular Nurse ext : 4441, Lymphoedema Nurse ext: 1501, Dermatology ext: 5660.

1. Remove all bandaging within 6 hours of admission. Assess all wounds & document on the Wound Assessment Form.



2. Follow skin care guidelines, wash both legs & apply a suitable emollient.



3. If your patient is sensitive to Soffban, apply a layer of Comfifast from the toes to the knee. Ensure that the Comfifast is long enough to come over the bandaging. Ensure that the Comfifast is not too tight



4. Start bandaging with Soffban from the base of the foot under the great toe, leaving the toes uncovered. Undertake 2 turns of bandage above the toes to secure the bandage. Flex the foot (position shown in picture).



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5. Bandage in a clockwise direction with the barrel of the bandage out. Continue to bandage up the leg in a spiral, overlapping each turn by half the bandage width.



6. Bandage to just below the knee. You should have a 2 finger width gap between the knee and the top of the bandage.



**NEVER** bandage in a figure of 8 or herringbone pattern as this can increase pressures over the tibial crest and cause skin/tissue damage.

7. Start bandaging the k-lite from just above the soffban above the toes. Leave a slight overlap of soffban to prevent the k-lite rubbing. Complete 2 turns around the foot as before to secure the bandage.



8. K-lite is an elastic bandage and should not be overstretched.



9. Complete the bandaging just below the line of soffban below the knee. Cut off any excess bandage and secure with tape



10. Check the circulation in the toes. Ensure you can get 2 fingers under the bandaging below the knee and above the toes.



- Check with the patient that the bandaging feels comfortable.
- Advise the patient to alert a health professional if the bandaging becomes uncomfortable
- Check the colour & temperature of the patients feet after bandaging (1 hour approx).

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