

Wound Care Clinic 2A
TTSH Medical Centre, Level 2
Contact:
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Department of
NURSING

Care of Compression Bandage for Venous Leg Ulcer (VLU)



What is a Compression Bandage?

Compression bandage is a high-compression bandaging system with elastic layers that can maintain required level of compression overtime.

It is used to treat VLU and are applied by trained Healthcare Professionals only.



Example of a Compression Bandage

How Does Compression Bandaging Help With VLU?

Compression bandaging:

1. Helps to heal leg ulcers by pushing the blood from your leg veins back to your heart
2. Improves blood flow to your leg and ulcer
3. Reduces swelling in your legs and removes fluid from your leg ulcer
4. Gives the ulcer the oxygen and nutrients it needs to heal
5. Speed up the ulcer healing rate



Effect of Compression Bandage on Blood Flow Back to the Heart

Image retrieved from: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSljmQAwj9xuTth-YL5tby_SeRYpgy3Czg5hw&usqp=CAU

How to Care for Your Compression Bandage and Manage VLU at Home?

DO (✓)

1. Wear the bandage until your next review with your healthcare provider
2. Keep the bandage dry
3. Elevate your legs (above heart level) when resting to reduce swelling
4. Exercise regularly and continue your daily activities. Follow the steps below to strengthen your calf muscles:

- Stand next to a chair/table with your feet flat on the ground
- Slowly tiptoe upwards (try one foot at a time)
- Hold for few seconds before lowering back to the ground



Image retrieved from: <https://www.openfit.com/calf-raises>

5. Stop smoking to promote wound healing
6. Eat a well-balanced diet with higher protein intake
7. Drink lots of non-caffeinated drinks (if your health condition permits)
8. Lose weight-if you are overweight
9. Take medications as prescribed by the doctor

DO NOT (X)

DO NOT remove the compression bandage (contact your healthcare provider if you feel uncomfortable or if the bandage slips)

Seek Medical Attention When You Experience the Following:

- Pain, numbness, tingling, burning feeling in your lower leg
- Change of skin color in toes (red, bluish, pale)
- Chills or fever with a temperature above 38°C
- Wound with increased redness, pain, swelling, bleeding or pus
- Pain or discomfort on your leg that persist even after rest, elevation and medication