



Multi-layer Compression Wraps

Your physician has ordered compression therapy for treatment of your wound. Compression reduces the swelling, or edema, in your legs and prevents it from returning. The swelling is one reason why your wound may not heal quickly.

Your physician has chosen a compression wrap that has three or four layers. It can be left in place for up to a week. Each week, the old wraps will be removed and new ones applied until your wound heals or your treatment has been changed.

Key points to keep in mind while wearing compression wraps:

- **Do not get your wraps wet.** Take a sponge bath or cover the wraps with a plastic bag that is secured at the top so that no water can enter.
- **Elevate your legs 3-4 times a day for 30 minutes to prevent swelling.** Increased swelling will cause the wraps to feel tight and may cause pain.
- Call Deaconess Wound Services (812-450-7700 or 1-800-575-5199) if drainage has come through the wraps or the wraps have slipped down.
- If you have pain, if your toes become purple, or if you experience swelling, numbness, or tingling in your toes, remove the wraps by carefully cutting off with scissors.
- Call Deaconess Wound Services if you have removed your wraps so that your doctor can advise you how to dress your wound until your next appointment.
- If it is after hours when you remove the wraps, dress your wound with normal saline moistened gauze covered with dry gauze.