



Two Layer Reusable Compression Therapy Kit

Instructions for Use



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Lymphlex® Reduce Two Layer Reusable Compression Therapy Kit contains components for approximately 12 applications of compression, for the treatment of Venous Leg Ulcers (VLUs). One Lymphlex® Reduce kit is required for each leg needing therapy.

Components:

- 1 x Lymtube® Tubular Overlay 10cm x 20m (LOR043)
- 2 x Lymphlex® Air Reusable Foam Padding Bandage 8cm x 2.5m (LOR021)
- 2 x Lymphlex® Air Reusable Foam Padding Bandage 10cm x 2.5m (LOR022)
- 2 x Lymphlex® Short Stretch Compression Bandage 8cm x 5m (LOR003)
- 2 x Lymphlex® Short Stretch Compression Bandage 10cm x 5m (LOR004)
- 1 x Lymfix® Fixation Tape 2.5cm x 5m (LOR050)
- 1 x Co-Wrap® Lite Lightweight Cohesive Bandage (LOR055)
- 1 x Laundry Bag

- All components can be replaced or replenished individually (excluding laundry bag).
- Effective compression involves the use of one set of bandages (refer to side of box), and allows for replacement with the second set

when dressing change or reapplication of compression therapy is required. The first set can then be laundered, as per enclosed instructions, without interruption to therapy.

Component Composition:

- Lymtube® Tubular Overlay: 100% bamboo viscose
- Lymphlex® Air Reusable Foam Padding Bandage: polyurethane foam
- Lymphlex® Short Stretch Compression Bandage: 100% cotton
- Lymfix® Fixation Tape: plain cotton woven fabric, **latex free** adhesive
- Co-Wrap® Lite Lightweight Cohesive Bandage: viscose, polyamide, **latex free** cohesive coating.

Indications:

Lymphlex® Reduce is designed to provide compression therapy for the treatment of Venous Leg Ulcers, where a pressure of 30-40mmHg, at the ankle, at rest, is appropriate. Lymphlex® Reduce can also be used for the management of chronic oedema, where an ABPI of 0.8 or greater exists.

Contraindications:

- advanced peripheral occlusive arterial disease - Ankle Brachial Pressure Index (ABPI) under 0.8
- decompensated cardiac insufficiency
- septic phlebitis
- phlegmasia coerulea dolens
- perception disorders of the skin
- hypersensitivity or allergy to any of the bandaging materials.

Period of Wear:

Depending on the wound condition, and the reduction of oedema, a set of bandages may remain insitu for up to 7 days.

Precautionary Measures:

1. Untrained application may cause skin necroses and nerve injuries from pressure.
2. Slight livid discoloration of the toes is normal. This must disappear when the patient starts walking or moving the foot (flexion and extension).
3. If the symptoms (pain or discoloration) do not cease, the bandage must be removed and applied again with less compression (stretch).
4. Should pain increase significantly, while the bandage is being worn, a physician must be consulted.

General Information:

- Prior to application of bandages, wounds should be cleansed, and covered with a wound dressing appropriate to the stage and phase of healing.
- If an ankle circumference of less than 18cm is identified, padding material should be used to increase the circumference to greater than 18cm before compression bandaging is applied.
- Correct application technique training is recommended for this system.
- The bandaging technique should be determined by the clinician-in-charge.
- In order to obtain the outlined compression value, Lymphlex® should be applied at full stretch (maximum extension).
- The foot should be positioned as close to a right angle (90°) to the leg as possible, to maintain maximum ankle joint movement.
- The bandage should be applied to the lower leg in a manner that creates graduated compression from the foot (highest pressure) to the knee (lowest pressure).
- The rolled-up part of the bandage should face outwards, and be kept close to the leg, during application.
- Secure the Lymphlex® Air bandages only with Co-Wrap® Lite – “white on white” – and Lymphlex® bandages with Lymfix® – “brown on brown”.

Information for Patients:

The Lymphlex® Reduce bandage system that has been applied/ prescribed for you, is to provide lower leg compression therapy. Compression therapy is one component of the treatment of Venous Leg Ulcers. It may also be used to **prevent** of this type of wound.

- ✓ Movement, particularly walking, is very good for you when compression bandages have been applied, and helps increase the effectiveness of the bandages. If walking is limited, you can obtain similar benefits from flexing your ankles and wiggling your toes, regularly, throughout the day.
- ✓ If sitting for long periods, it helps to elevate your legs, to assist in swelling reduction.
- ✓ The bandages may feel looser after a few days, when the therapy is started. This means the swelling that is being treated is going down – it’s working!
- ✓ Make sure you keep your bandages dry – ask your clinician about devices for use when showering/ bathing.

⚠ Attention

If you have

- loss of sensation in any part of the bandaged foot or leg, or
- pale, white or dusky toes, that do not return to normal colour after a short walk or simple ankle movements, or
- a sensation of pinched skin, or
- pain in the bandaged leg that suddenly increases,

remove the bandages, and contact the clinician who applied them, as soon as possible.

Washing Instructions for Lymphlex® REDUCE Compression Therapy









1. Please use the enclosed laundering bag for washing.
2. Place all four bandages, (the reusable foam padding and short stretch compression bandage) unrolled and loose in the laundry bag. Zip the bag closed, and place in washing machine with other items requiring laundering. A washing temperature of 40°C - 60°C and the use of a gentle detergent, is recommended. If bandages are extremely dirty, they may be washed in temperatures up to 95°C.
3. After washing, drape the bandages over clothes line or airer to dry in a shaded area.
4. After drying, roll the bandages up so that they are ready for next application.

As the bandages cannot be dried in a dryer, ensure the bandages are washed a minimum of 2 days prior to the next scheduled application.



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Care Labels: Your Guide to Easy Care

	Do Not Dryclean
	Do Not Tumble Dry
	Do Not Bleach No bleach product should be used including detergents with bleach. * Slight staining will not effect bandage performance .
	Dry Flat
	Machine Wash, Permanent Press Initial water temperature should not exceed 95C or 200F.
	Iron, Steam or Dry, with LOW HEAT* * Not applicable to white foam bandages.

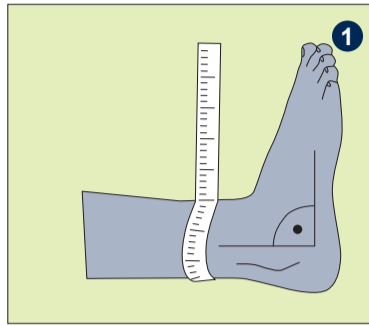


Two Layer Reusable Compression Therapy Kit (2 Sets)

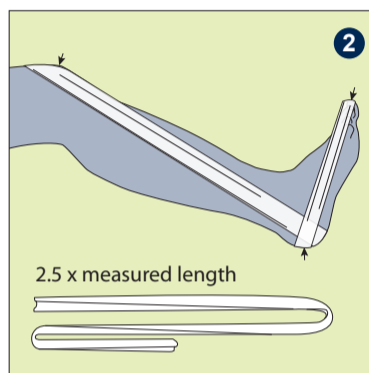
Set 1	Set 2
1 x Lymphlex® Air Reusable Foam Padding Bandage 8cm x 2.5m (LOR021)	1 x Lymphlex® Air Reusable Foam Padding Bandage 8cm x 2.5m (LOR021)
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Application of Lymphlex® REDUCE Compression Therapy

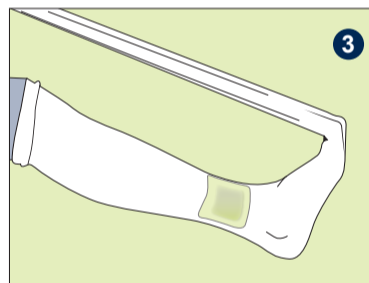
1 Cover any wounds with dressings of choice, to support the stage and phase of healing. Measure the circumference of the ankle. If it is less than 18cm, pad the area to obtain an 18cm or greater, measurement.



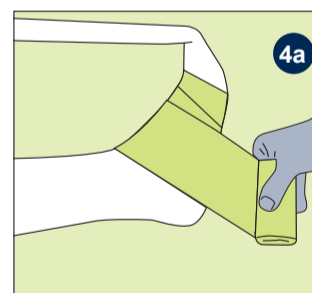
2 Using the Lymtube®, measure from tip of greater toe – heel – knee. Cut the piece of Lymtube® to be 2.5 times this length.



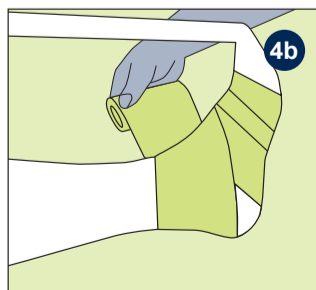
3 Slip approx. half of this onto the leg, ending above the knee. Give the end of the remaining length to the patient to hold to assist with obtaining a 90° angle at the ankle.



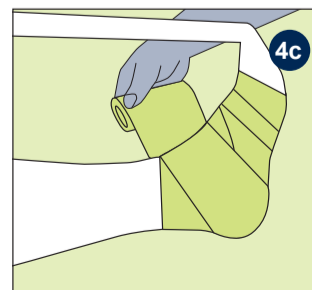
4a Start applying Lymphlex® Air, (8cm), to the foot at the base of the toes, including the metatarsophalangeal joint. Using a spiral method, apply without stretch, overlapping by 1/2 to 2/3 with each turn until you reach the lower ankle.



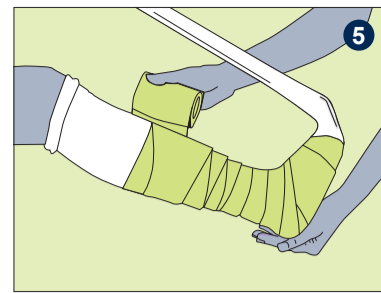
4b Complete a turn, behind the ankle, across the achilles tendon.



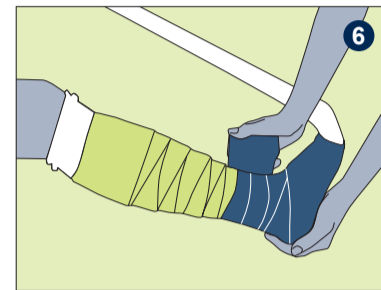
4c Then complete a heel enclosing turn, ending the rotation at the front of the ankle.



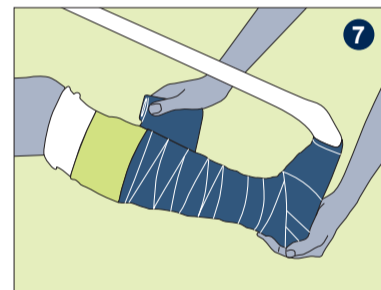
5 Continue spiral application of Lymphlex® Air, with 1/2 to 2/3 overlap, up towards the knee. Using the second Lymphlex® Air bandage (10cm), cover the end of the first Lymphlex® Air bandage and continue applying in spiral to the knee, with 1/2 to 2/3 overlaps. Secure the end of Lymphlex® Air bandage in place with 1-2 circular turns, of Co-Wrap® Lite.



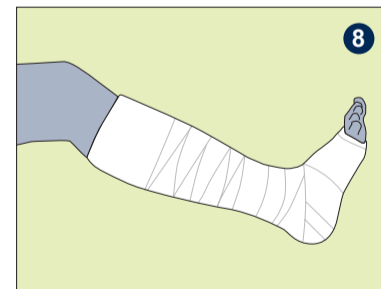
6 Anchor the (8cm) Lymphlex® compression bandage, at the base of the toes with 1 rotation with no stretch. Commence applying in spiral action with **full stretch** and bandage turns overlapping by 1/2 to 2/3 until you reach the heel. Complete a heel enclosing turn, as for Lymphlex® Air. Continue spiral application of Lymphlex®, with **full stretch** and bandage turns overlapping by 1/2 to 2/3, until you reach the base (curve) of the calf.



7 Using the second Lymphlex® bandage (10cm), cover the end of the first Lymphlex® bandage, continuing application of the second Lymphlex® bandage in spiral/figure of eight turns with **full stretch** from base of calf to the knee, with 1/2 to 2/3 overlap on each turn, finishing 2cm below popliteal crease. Hold the Lymphlex® bandage end in place with 2 strips of Lymfix®.



8 Take the remaining piece of Lymtube® tubular overlay and fold it back over the completed bandaging to cover the lower leg from base of toes to knee. Secure with 1-2 circular turn of Co-Wrap® Lite.



The Lymphlex® Reduce compression bandaging is now complete.