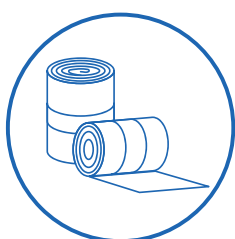


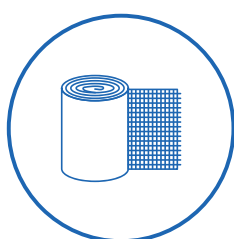
# Simple bandage

## VENOUS LEG ULCERS

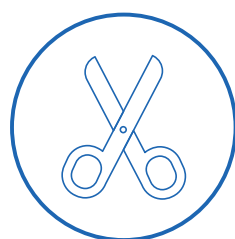
### ITEMS NEEDED



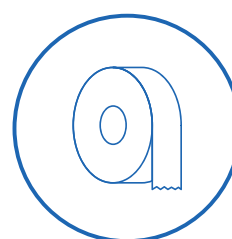
Cotton wool  
bandage



Crepe bandage

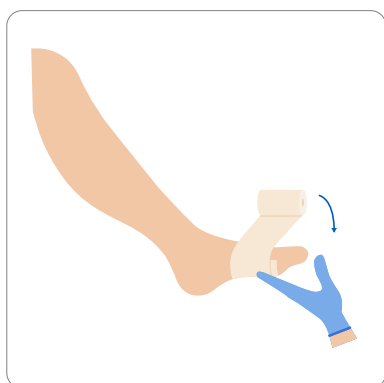


Scissors



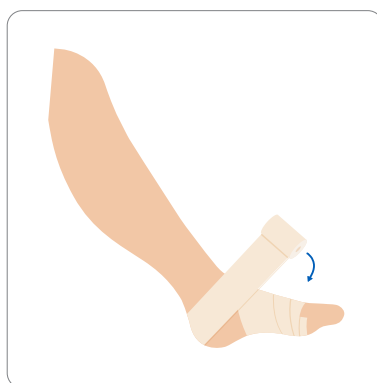
Tape

### QUICK GUIDE



#### Step 1

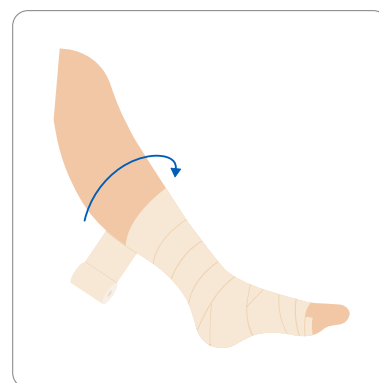
Put the cotton wool bandage under the foot and secure it with your finger. Wrap it around your foot once.



#### Step 2

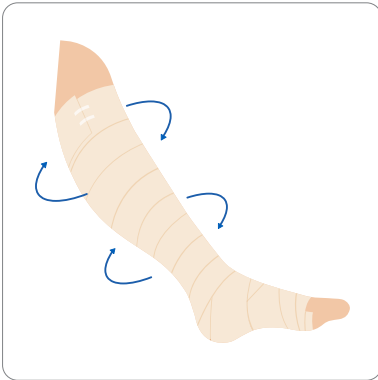
Wrap the bandage around the base of the heel and under the foot a couple of times.

**Note:** Depending on how big your foot is, you might need one sweep or two.



#### Step 3

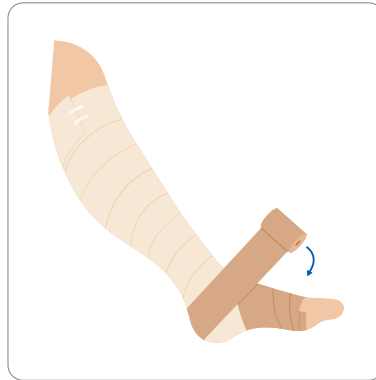
Wrap the bandage around the leg. Remember to overlap the turns of the bandage by about half the width of the bandage.



#### Step 4

Go up the leg and stop just below the crease of the knee.

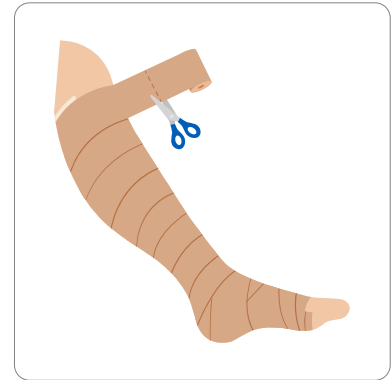
**Note:** If your ankle is much thinner than your calf, you can always add a bit more padding just around the ankle using the cotton wool bandage.



#### Step 5

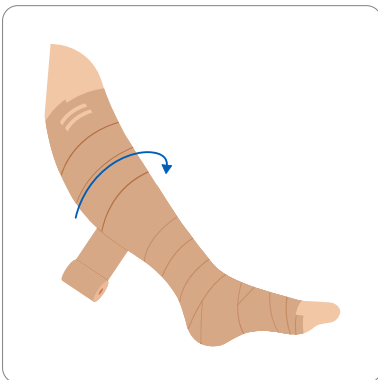
The second layer of bandage is the crepe bandage (stretchy) and you apply it in the exact same way: around the foot, heel, and overlapped by about half the width of the bandage

**Note:** As you wrap it, you should pull the bandage snug (but not too tight) to hold its position.



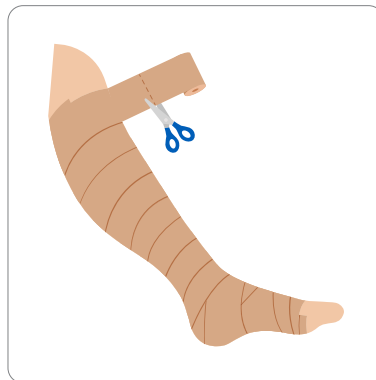
#### Step 6

When you get to the top of the leg you can cut it with a pair of scissors and secure with tape.



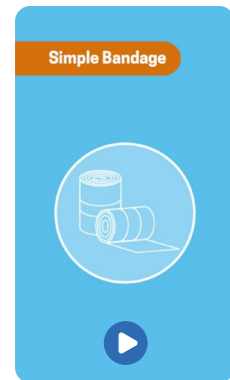
#### Step 7

if you are currently wearing compression, you won't be able to wear the sock. Instead, use a second crepe bandage. Follow the same process and remember to apply tension.



#### Step 8

When you get to the top of the leg you can cut it with a pair of scissors and secure with tape.



#### Video

To watch the video with more detailed instruction please go to:

<https://vimeo.com/403189997>