

## COMPRESSION WRAP: PATIENT INFORMATION



### Instructions

- The dressing will stay in place for 3-5 days (*up to 7*) depending on your wound(s).
  - The dressing **cannot** get wet. Patients may abstain from showers or they may securely wrap the dressing to avoid getting it wet.
    - “Cast bags” may be useful to keep the dressing dry during a shower
  - **The morning of your follow up visit, you may remove the dressing (either unwrap or cut off) and shower.**
    - **Allow warm soapy water over the wound(s) and gently wash.**
    - **After your shower, loosely cover your wound(s) with gauze dressings until you appointment.**
- You will follow up with our office in 3-5 days.
- Your wrap may settle or slip down your leg with activity. If this is significant call our office because the dressing may need to be removed so that it does not rub against your skin and cause new wounds.
- We recommend that you **NOT drive** if the dressing is applied to **your right foot**.
  - You have limited mobility and sensitivity in your foot and leg when the wrap is in place.

### General Information

- Swelling can cause stress on new, healing tissue resulting in slowed or delayed healing. Applying this compression wrap will help reduce swelling and hopefully improve healing.
  - The first few nights your leg may ache and be uncomfortable as it tries to swell against the dressing.
- Each person is different, and so is every wound. It may take several weeks to several months for your wound(s) to heal.
- If your legs normally swell, you would likely benefit from compression stockings of some kind once you are healed.
  - There are various strengths and styles, as well as alternative options (ACE wraps, tubi-grips).
- Using a daily moisturizer, such as CeraVe or Cetaphil, can help protect your skin and is a first line defense against wounds.

*Thank you for choosing*