

# YOU AND YOUR ELASTIC BANDAGE

## Patient Information



**northern health**

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## Patient Information

### **YOU AND YOUR ELASTIC BANDAGE**

*An elastic bandage has been applied to your injured limb to:*

1. Give support and comfort.
2. Help reduce pain and swelling.

The elastic bandage has been applied in the Emergency Department, and while it may feel good now, it may become tight after you leave. If your fingers or toes are turning blue and feel numb, then the bandage needs to be loosened.

1. Remove and re roll the bandage.
2. Rewrap the injured limb with the bandage. Don't stretch the bandage as that causes it to become too tight.
3. Rewrap as necessary, it may be removed to bath or shower.
4. Bandage may be removed at night.
5. Keep injured limb raised as much as possible on pillows. Continue to wiggle fingers or toes, to improve the circulation and help keep the swelling down.
6. The bandage may be washed with mild soap and warm water. The metal clips can be replaced with tape if necessary.
7. There will be a charge for the elastic bandage. Arrange with the receptionist to pay, or be billed.
8. Follow-up with your family doctor as directed.