
Independence, flexibility and lifestyle.
Self-bandaging can help to empower patients/clients to treat themselves, saving time, providing flexibility and convenience within the privacy and comfort of their own home. Self-bandaging may assist selected patients/clients with independence and self efficacy in managing their lymphoedema.¹,²

### Why self-bandage?

- Regional distance in accessing services
- Limited resources available in lymphoedema management
- Time restraints due to busy lives
- To promote independence
- Encourages patients/clients to feel involved in their own care
- Ongoing maintenance

### Why self-bandage?

- Regional distance in accessing services
- Limited resources available in lymphoedema management
- Time restraints due to busy lives
- To promote independence
- Encourages patients/clients to feel involved in their own care
- Ongoing maintenance

### Who is suitable?

Not all patients/clients are suitable and careful considerations must be made before commencing self-bandaging.

These include:

- Medical history and current health
- Dexterity
- Vision
- Cognitive function
- Mobility
- Commitment to treatment

### Teaching self-bandaging

- It is recommended for the therapist to practice self-bandaging in order to gain experience and confidence
- Allow plenty of time for teaching and practice
- Check competency in application and removal
- Discuss warning signs
- Ensure patient/client is comfortable and confident to undertake self-bandaging
- Use of available resources to reinforce application techniques eg video, application guide, information leaflets, Coban 2 website
- Provide contact details for who to call for advice

### Tips

- If unable to do finger/toe bandage perhaps consider gloves
- Promote exercises
- Listen to patient/client feedback
- Video the patient/client bandaging themselves to replay back as a reminder of their individual bandaging requirements

### Items required

- 3M™ Coban™ 2 Compression System bandages for practice and to take home
- 3M™ Cavilon™ No sting Barrier Film, to protect skin from friction and moisture
- Bandage scissors
- 3M™ Micropore™ tape
- A ruler, may be needed to measure lengths of cutting up bandages
- Template for web spacers / toe protectors as required
- A mirror to assist with application
- A moisturiser, eg 3M™ Cavilon™ Durable Barrier Cream or Cavilon™ Extra dry Moisturiser
- Nylon stocking or sock for legs
- Application posters and instructions

---