

# Compression Wrap Home Instructions

## What are compression wraps?

Compression wraps are bandages that wrap around a part of your body like the leg or arm to keep swelling down.

Fluid is the main cause of swelling. The wraps create pressure which prevents fluid from building up in the area. Compression helps push out fluid that is already there.



## How do I take care of my compression wrap?

Compression wraps can be worn for up to seven days if you take care of them.

- Keep the wrap clean and dry until your next appointment.
- Wear a thin, stretchable stocking over the wrap to hold it in place.
- Wear shoes that fit comfortably around the wrap.

## When to call the clinic

It is normal for the wrap to feel snug but not overly tight. Call the clinic at **505-272-9020** if —

- you have more pain in the area
- you feel numbness or tingling
- the wrap gets wet
- fluid from the wound leaks onto the outside of the wrap
- you have any other worries