



References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille please email the Patient Information team at patient.information@ulh.nhs.uk

Advice for the use of self-adherent wrap

Occupational Therapy Departments

www.ulh.nhs.uk

What is Self-Adherent Wrap?

Self-adherent wrap is intended for use as an elastic wrap to provide compression to reduce swelling, support, or to secure dressings.

How do I use Self-Adherent Wrap?

Unwind the amount required

Without stretching apply one full wrap and overlap. Press the overlapped area lightly to keep the end in place.

Continue to wrap, applying slight tension.

When complete secure the end by gently pressing in place.

On removing the wrap carefully wash and rinse the area and dry thoroughly.

Precautions

Self-adherent wrap does not slip or loosen after it is applied. The area to where the wrap is applied should be checked regularly for signs of swelling or change in colour which would indicate reduced circulation. If this happens take the wrap off immediately.

Self-adherent wrap should not be placed in direct contact with an open wound.

If you have any problems/queries, please contact:

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Occupational Therapist

Tel No. Ext

Occupational Therapists

Work with people of all ages, helping them to carry out the activities they need or want to do in order to lead healthy and fulfilling lives.