

BANDAGE CARE INSTRUCTIONS

Bandages can last a long time if certain instructions are followed regarding their care.

- To keep your bandages (tubular, short stretch, and finger bandages) clean and to restore their elastic properties after use, wash the bandages every 2 to 3 days if a second set is available. Otherwise wash your bandages on the weekend.
- Bandages should be washed in hot water, in the washing machine using a mild detergent. **DO NOT** use Woolite, fabric softener, or bleach. Liquid detergent is preferred.
- The foam pieces and cotton are not washable but you can wash rolled foam.
- Use a lingerie bag for washing bandages in the washing machine; otherwise, they may become an entangled mess. It may also be helpful to make large loops with each bandage and rubber band the middle of the bandage. This will ensure no tangling of the bandages.
- Dry the bandages on a flat surface if possible. Avoid putting tension on the bandages while drying. If the bandages must be hung, be sure to fold them in half so that the weight of the water will not cause them to stretch prematurely. Avoid placing bandages in direct sunlight to dry.
- Do not wring or stretch the bandages while wet. Roll the bandages tightly after you remove them from your limb or when they are dry after washing.
- Avoid ironing or cutting the bandages.
- If possible, **DO NOT** use the clips to fasten the bandages as these put holes in the bandages. Use surgical tape or two inch masking tape.
- Bandages should be replaced every 3 to 6 months.

These simple measures will ensure the continued quality of your bandages and promote better results of your Manual Lymph Drainage treatments.