







Skin and Wound Product Information Sheet

Tubigrip (Lower Leg Application)																	
Classification	Compression Therapy: Tubular Circumferential Compression																
Key Points	<p>For Compression Therapy in general</p> <ul style="list-style-type: none"> • A physician/NP order or clinical direction from a Wound Clinician is required to apply a compression stocking • Only health care professionals who have successfully completed additional education for compression therapy may apply compression wraps • Follow agency/Health Authority compression therapy policies/practice standard • Refer to the Guideline: Application of Compression Therapy for further information related to indications, precautions and contraindications <p>For this product specifically</p> <ul style="list-style-type: none"> • Latex based multi-purpose tubular stocking providing 10-15mmHg of compression when doubled • Use a double layer of stocking unless directed differently by Wound Clinician/Physician/NP • Single patient use only; product can be reused/washed until stocking elasticity is lost • Prior to the first application, a complete Lower Limb Assessment (Basic & Advanced) is to be done but an ABI may not be required. 																
Indications	<ul style="list-style-type: none"> • May be used for support of sprains, strains, soft tissue injury, post- burn scarring (specific instruction for these uses are not included in this guide) • For clients who require mild compression therapy for the treatment of <ul style="list-style-type: none"> ○ Venous insufficiency with or without ulcer(s) or ○ Arterial/venous insufficiency with or without ulcer(s) or ○ Lymphedema with or without ulcers(s) or ○ Generalized edema 																
Precautions	<ul style="list-style-type: none"> • Product contains latex • Very thin legs and bony prominences are susceptible to excessive pressure and tissue damage • Do not leave stocking pulled down or slouched around ankles as it may cause a tourniquet effect 																
Contraindications	<ul style="list-style-type: none"> • Do not use for clients with allergies to latex • Do not use in the presence of uncontrolled heart failure • Do not use in the presence of an uncontrolled lower limb skin or wound infection 																
Formats & Sizes	<table border="0"> <thead> <tr> <th style="text-align: left;">Stocking size</th> <th style="text-align: left;">Calf size</th> </tr> </thead> <tbody> <tr> <td>Size B</td> <td>12.5 – 15.0cm</td> </tr> <tr> <td>Size C</td> <td>15.0 – 24.5cm</td> </tr> <tr> <td>Size D</td> <td>24.5 – 35.5cm</td> </tr> <tr> <td>Size E</td> <td>35.5 – 45.0cm</td> </tr> <tr> <td>Size F</td> <td>45.0 – 50.5cm</td> </tr> <tr> <td>Size G</td> <td>50.5 – 60.7cm</td> </tr> <tr> <td>Size J</td> <td>60.7 – 73.0cm</td> </tr> </tbody> </table> <div style="text-align: right; margin-top: 10px;">  </div>	Stocking size	Calf size	Size B	12.5 – 15.0cm	Size C	15.0 – 24.5cm	Size D	24.5 – 35.5cm	Size E	35.5 – 45.0cm	Size F	45.0 – 50.5cm	Size G	50.5 – 60.7cm	Size J	60.7 – 73.0cm
Stocking size	Calf size																
Size B	12.5 – 15.0cm																
Size C	15.0 – 24.5cm																
Size D	24.5 – 35.5cm																
Size E	35.5 – 45.0cm																
Size F	45.0 – 50.5cm																
Size G	50.5 – 60.7cm																
Size J	60.7 – 73.0cm																
Application Directions	Rationale																
<p>Prior to the client mobilizing and with the client supine, measure the widest part of the calf. Select the size of bandage based on the calf measurement and as per manufacturer’s recommendation.</p> <p>To determine the length of stocking needed:</p> <ul style="list-style-type: none"> • measure from the base of the toes to 1-2 cm below the knee following the contours of the leg • double this measurement (as per order/direction) • add 2-3cm for the overlap 	<p>This gives a base-line measurement of the edema, as well as what size of tubular support bandage to use.</p> <div style="text-align: center; margin-top: 10px;">  </div>																



Skin and Wound Product Information Sheet

<p>Apply/re-apply stocking in the early morning, if possible.</p> <p>Wash or shower leg(s) with warm water. Moisturize intact skin with agency approved moisturizer. Allow moisturizer to absorb and dry before wrapping.</p> <p>Measure the ankle circumference 10 cm from the bottom of the heel; measure the calf circumference 30 cm from the bottom of the heel.</p> <p>Apply an appropriate cover dressing if wound present.</p>	<p>Edema should be minimal in the morning</p> <p>To remove dead skin and resolve/prevent dry skin</p> <p>This measurement gives a base-line assessment/re-assessment of the client's edema.</p>
<p>To Apply</p>	
<p>Apply the stocking starting from the base of the toes and pull up towards the knee; stopping ~ 4cm below the knee.</p>  <p>Double the stocking back over limb ensuring that the toes exposed and that the second layer of stocking is taken 2-3cm higher up the limb than the first layer.</p>  <p>Ensure the top layer is at least two finger widths below the back of the knee. Smooth stocking to ensure no wrinkles or creases are present.</p>	<p>Compression begins from the toes, through the calf to below the knees.</p> <p>Doubling the stocking will provide 10-15 mmHg of pressure.</p> <p>Finishing the bandage 2-3 cm below the knee will prevent a tourniquet effect from occurring.</p>
<p>To Remove</p>	
<p>The stocking should be removed at night when the client is supine. Remove the stocking by pulling over the foot like a pair of socks. Do not leave stocking pulled down or slouched around ankles.</p>	<p>Stocking left pulled down or slouched around ankles may cause a tourniquet effect.</p>
<p>Frequency of Dressing Change</p>	
<p>Change the stocking if it is soiled, lost its shape or is slipping.</p> <p>Reduction of edema will result in the stocking slipping. Re-measure the calf and select another size of stocking.</p> <p>The stocking should be hand washed daily in cold water and hung to dry. Client will need two sets of stockings to allow the alternate stocking to dry after washing.</p> <p>The stocking will need to be replaced once it has lost its elasticity (4-6months).</p>	<p>Reassess the wound's cover dressing if wound exudates seeps through to stocking.</p> <p>Washing will help to reset the elasticity of the stocking.</p>
<p>Expected Outcome</p>	
<p>Measurable improvement in the ankle and calf measurements within 1 week.</p>	
<p>For further information, please contact your Wound Clinician.</p>	