

Actico® application for leg ulcer management



Prior to bandaging the patient should have a full holistic assessment, including doppler (please refer to local guidelines).

Assessing limb shape and padding application

Padding should be used to protect vulnerable areas and reshape the leg (if necessary) to provide graduated compression.

Where the ankle has a circumference < 18cm, padding should be applied to bring the ankle measurement between 18-25cm.

- **Step 1** Measure the ankle circumference. Reshape/ protect the limb (if necessary) by applying padding.
- **Step 2** Secure padding with two turns at the base of the toes and with a figure of eight at the ankle before using a 50% overlap spiral up the leg to 2cm below the knee/popliteal fossa. Re-measure the ankle.

Actico application

with an ankle circumference of 18cm-25cm after padding.

- **Step 3** Before applying Actico® 10cm check that the foot is correctly positioned 'toes to nose' to maximise ankle movement.

Hold Actico® with tension and apply two turns from the base of the toes. Roll Actico® across the dorsum keeping tension.

An extra turn may be applied in the middle of a long foot.

- **Step 4** Enclose the ankle and heel with a figure of eight.
- **Step 5** Start to spiral up the leg using the 'Lock & Roll' method (50% overlap – full stretch). Roll the Actico® round the back of the leg whilst ensuring it is locked out at full stretch. Continue with the 'Lock & Roll' method up the limb in a spiral.
- **Step 6** Finish the Actico® 3cm below the popliteal fossa. Cut off excess bandage and tape if necessary. Ensure layers are bonded.

with an ankle circumference more than 25cm after padding.

- **Step 7** Apply a second Actico® 10cm in the **opposite direction** (this helps the second layer to adhere to the first layer, preventing slippage.) Secure with two turns with tension over the ankle and on the third turn follow the 'Lock & Roll' method as before in Steps 5 & 6. Finish as before.



Actico® application for chronic oedema and lymphoedema



Prior to bandaging the patient should have a full holistic assessment, which may include doppler (please refer to local guidelines).

- **Step 1** If necessary bandage the toes using Moll elast® 4cm retention bandage to prevent swelling in the toes.
- **Step 2** Apply a layer of ActiFast® tubular retention bandage along the section of the limb being bandaged, allowing an extra 6cm either end.
- **Step 3** Padding should be used to protect vulnerable areas and reshape the leg as necessary to provide graduated compression. Ensure the knee has slight flexion. Fold the ActiFast® over either end of the padding.
- **Step 4** Correctly position the foot 'toes to nose' to maximise ankle movement. Apply two turns of Actico® 8cm starting at the base of the toes and apply with tension. An extra turn may be applied in the middle of a long foot. Bandage the heel with a figure of eight, keeping the tension. Continue a simple spiral with the 'Lock & Roll' method (50% overlap - full stretch) finishing just above the ankle. Cut off any extra 8cm bandage and secure.

- **Step 5** Change to 10cm Actico® bandage and continue with the 'Lock & Roll' method up the leg.

Below knee: If there is no oedema above the knee - finish the Actico® bandaging 3cm below the popliteal fossa. Cut off excess bandage. Apply the second layer in the opposite direction, repeating from Step 4.

Cut off excess bandage and tape if necessary. Ensure layers are bonded.

- **Step 6 Full leg:** When bandaging above the knee the patient can be sitting or standing, but the knee needs to have slight flexion. Continue to bandage over the knee with the 10cm bandage, changing to 12cm Actico® above the knee. Continue using the 'Lock & Roll' method, stopping 1cm below the padding. Cut off excess bandage and tape if necessary. Ensure layers are bonded.
- **Step 7** Apply a second layer of Actico®. Follow the same stages from steps 4-6 applying the second layer in the **opposite direction** to create firm support around the limb.
- **Step 8** Finish as before.



Actico® is tried and tested to effectively manage venous ulceration and chronic oedema

A full holistic assessment, including Doppler, should be carried out before treatment.

Indications

- venous leg ulcers (VLU) with or without chronic oedema
- chronic oedema and lymphoedema
- mobile and immobile patients

ABPI >0.8 - 1.3 Actico® compression therapy can be applied. If ABPI is >1.3 further investigation is required before Actico® is applied (please refer to local guidelines).

NB: If patients require support and palliation then one layer of compression may be adequate.

Precautions

ABPI <0.8 - Actico® compression therapy should only be used under strict medical or vascular specialist supervision.

Not suitable for ankle circumference of less than 18cm unless padding is used to increase the ankle circumference to 18cm or more.

As with all compression systems, caution is required when:

- cardiac overload is suspected
- patients have diabetes
- patients have advanced small vessel disease
- arterial disease is present
- renal failure is present
- rheumatoid arthritis is present

References: 1. Partsch H, Moffatt C (2012) An overview of the science behind compression bandaging for lymphoedema and chronic oedema. In: Glover D. ed, Compression Therapy: A Position Document on Compression Bandaging. International Lymphoedema Framework

Table adapted from: The World Union of Wound Healing Society (WUWHS), Compression in Venous Leg Ulcers: A Consensus Document ²⁹ .	
Conditions	Actico®
Venous leg ulcer (VLU) uncomplicated	Yes
VLU and arterial disease (ABPI 0.5 – 0.8)	Yes*
VLU and cardiac failure	Yes*
VLU and immobility	Yes

* With caution - under specialist supervision. Please refer to local guidelines.

As with all compression bandage systems, training on the correct application of Actico® is recommended.

Following application, if the patient shows signs of pain, reduced colour or numbness on their extremities distal to the bandage, then it should be removed immediately.

Actico® should not be re-used.

Actico® contains low sensitivity latex. If latex intolerance is suspected, the use of Actico® 2C or Rosidal® K 100% cotton inelastic bandage is recommended.

Ordering information



Product	Size	REF	PIP Code	Hospital Codes
Actico®	4cm x 6m	88307	314-0860	EBA030
	6cm x 6m	88308	314-0878	EBA031
	8cm x 6m	88309	314-0886	EBA032
	10cm x 6m*	88310	271-5431	EBA016
	12cm x 6m	88311	314-0894	EBA033
Rosidal® K	6cm x 5m	22200	214-5928	EBA057
	8cm x 5m	22201	214-5910	EBA058
	10cm x 5m	22202	214-5902	EBA040
	10cm x 10m	22206	305-1794	EBA073
	12cm x 5m	22203	214-5894	EBA059
Product	Size	REF	PIP Code	Hospital Codes
Flexiban® Padding Bandage	10cm x 3.5m	88572	271-5423	EBA070
	5cm x 2.7m	92840	214-5845	EPE026
	7.5cm x 2.7m	92841	214-5852	EPA036
Cellona® Undercast Padding	10cm x 2.5m x 0.4cm	23111	380-4606	ECA274
	12cm x 2.5m x 0.4cm	23112	380-4614	ECA275
	15cm x 2.5m x 0.4cm	23113	380-4622	ERJ034

* Please note 10cm Actico® is recommended for use in the treatment of venous leg ulcers with or without oedema, unless following application instructions for chronic oedema/lymphoedema.

Call our Customer Services Team: **08450 606 707**
International enquiries: **+44 1283 576 800**
or visit our website at: **www.Lohmann-Rauscher.co.uk**



Actico® Cohesive inelastic bandage Prescriber's Guide

1. Lock it at full stretch



Applied with 50% overlap

2. Roll it at full stretch



Applied at 100% full stretch, close to the limb



- Safe-Loc® system - consistently safe, accurate and easy application
- Inelastic (short stretch) - therapeutic working pressures and lower resting pressures, for effective healing, oedema reduction, and improved patient comfort in both mobile and immobile patients
- Cost effective - compared to the leading elastic bandage kits