Below Knee

**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. Cut off excess bandage and tape if necessary. Ensure layers are bonded.
- **Step 3** Before applying Actico® 10cm check that the foot is correctly positioned ‘toes to nose’ to maximise ankle movement.

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

**Actico® application for chronic oedema and lymphoedema**

- **Step 1** If necessary bandage the toes using Mollafast® 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 and continue with the ‘Lock & Roll’ method up the limb as necessary to provide graduated compression. Ensure the knee has slight flexion. Fold the ActiFast® over the section of the limb being bandaged, allowing an extra 6cm either end.
- **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 >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, 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.

### Conditions
- **Actico® Venous leg ulcer (VLU) uncomplicated**
  - Yes
- **Actico® VLU and arterial disease (ABPI 0.5 – 0.8)**
  - Yes
- **Actico® VLU and cardiac failure**
  - Yes
- **Actico® VLU and immobility**
  - Yes

*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.

### Ordering information

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### References:

### Prescriber’s Guide

1. **Lock it** at full stretch
2. **Roll it** at full stretch

Applied with 50% overlap

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

Call our customer solutions line: 08450 606 707
International enquiries: +44 1283 576 800
or visit our website at: www.Lohmann-Rauscher.co.uk

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