Arm prescriber’s guide

Actico® Safe-Loc® System - for consistently safe, accurate and easy application - ‘Lock & Roll’!

1. Lock it at full stretch

2. Roll it at full stretch

Full application instructions overleaf.

Actico® is capable of maintaining pressure without slippage

Actico® application for chronic oedema and lymphoedema of the arm.

Assessment: Prior to bandaging the patient should have a full holistic assessment (please refer to local guidelines). Wash limb and apply emollients prior to bandaging. Follow by applying enough ActiFast® tubular bandage to cover the arm. Please remember to support the patient’s limb during the Actico® Cohesive Inelastic Bandage System application.

Finger bandaging - Bandage the fingers using Mollelast® 4cm conforming digit bandage. Wrap each finger individually, starting at the thumb, until the whole hand is covered. Further information can be found on our website.

Assessing the shape of the arm – Use FlexiBan® padding to protect vulnerable areas and reshape (if necessary) to provide graduated compression.

Bandaging the hand - Begin with 4cm Actico® (depending on hand size). Anchor the bandage without tension at the wrist (metacarpophalangeal).

Continue bandaging the arm with 6cm/10cm Actico® using the ‘Lock & Roll’ method (50% overlap - 100% full stretch). Roll the Actico® around the back of the arm whilst ensuring it is locked out at full stretch.

Ensure elbow has slight flexion. If necessary change bandage width above the elbow, depending on initial assessment. Continue with the ‘Lock & Roll’ method and finish the first layer 1cm below the padding layer. Cut off excess bandage and ensure layers are bonded.

Apply the second layer of Actico® 6cm/10cm from the wrist with a single turn to anchor in a reverse direction. On the second turn use the ‘Lock & Roll’ method (50% overlap - 100% full stretch). Continue the technique as described in steps 5 & 6.

Finish as before and ensure the layers are bonded.

NB: 1 x layer of Actico® is sufficient to provide support and palliation. 2 x layers of Actico® will allow for greater reduction of oedema/lymphoedema.

Call our customer care line: 08450 606707 or visit our website at: www.activahealthcare.co.uk

Actico®, Actico®, Safe-Loc®, ActiFast® and FlexiBan® are registered trademarks of Activa Healthcare Ltd.