Actico® automatically reacts to your patient’s activity level to effectively manage venous ulceration with or without chronic oedema. A full holistic assessment, including Doppler, should be carried out before treatment.

Indications
Actico® cohesive inelastic compression bandage system can be used for:
- 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

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

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

Actico® Prescriber’s Guide
Safe-Loc® system - for consistently safe, accurate and easy application - Lock & Roll!

### 1. Lock it at full stretch

- Applied with 50% overlap

### 2. Roll it at full stretch

- Actico® should be applied at 100% full stretch, close to the limb


**Actico® is the lowest priced system**

- Cost of the leading four-layer elastic compression bandage kit - £9.57
- Cost of a two-layer elastic compression bandage kit - £6.17
- Cost of the Actico® cohesive inelastic compression bandage system - £3.88

### Conditions

<table>
<thead>
<tr>
<th>Conditions</th>
<th>Actico®</th>
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<tbody>
<tr>
<td>Venous leg ulcer (VLU) uncomplicated</td>
<td>Yes</td>
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<tr>
<td>VLU and arterial disease (ABPI 0.8 – 0.8)</td>
<td><em>Yes</em></td>
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<td>VLU and cardiac failure</td>
<td><em>Yes</em></td>
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<tr>
<td>VLU and immobility</td>
<td><em>Yes</em></td>
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</tbody>
</table>

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

### Precautions

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

### Indications

- Mobile and immobile patients
- Venous leg ulcers with or without chronic oedema
- Chronic oedema and lymphoedema


<table>
<thead>
<tr>
<th>Rosidal® K</th>
<th>PIP Codes</th>
<th>Hospital Codes</th>
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<tbody>
<tr>
<td>6cm x 5m</td>
<td>214-5928</td>
<td>EBA057</td>
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<tr>
<td>8cm x 5m</td>
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<td>214-5902</td>
<td>EBA040</td>
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<tr>
<td>10cm x 10m</td>
<td>305-1794</td>
<td>EBA073</td>
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<tr>
<td>12cm x 5m</td>
<td>214-5894</td>
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<table>
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<tr>
<th>Rosidal® soft Padding</th>
<th>PIP Codes</th>
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<tbody>
<tr>
<td>10cm x 0.25m x 0.4cm</td>
<td>380-4606</td>
<td>ECA274</td>
</tr>
<tr>
<td>12cm x 0.25m x 0.4cm</td>
<td>380-4614</td>
<td>ECA275</td>
</tr>
<tr>
<td>15cm x 0.25m x 0.4cm</td>
<td>380-4622</td>
<td>ECA304</td>
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</table>

### Cost of the Actico® cohesive inelastic compression bandage system - £3.88


**Actico® is safe and effective for both immobile and mobile patients**

Call our customer care line: 08450 606 707

www.Lohmann-Rauscher.co.uk
Below Knee

**Actico**® application for leg ulcer management

**Application instructions:** Prior to bandaging the patient should have a full holistic assessment (please refer to local guidelines).

**Assessing the shape of the limb:** Ensure sufficient padding is used to protect vulnerable areas and reshape the leg (if necessary) to provide graduated compression. Measure the ankle circumference before and after the padding layer is applied.

**Please note:** For ankle circumference less than 18cm, apply enough FlexiBan® padding to bring the ankle measurement between 18-25cm.

- **Step 1** Measure the ankle. Reshape/protect the limb (if necessary) by applying FlexiBan® 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-apply the ankle 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.
- **Step 4** Enclose the ankle and heel with a figure of eight. Continue 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 5** Finish the Actico® 3cm below the popliteal fossa. Cut off excess bandage and tape if necessary. Ensure layers are bonded.

**Full Leg:**

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

**Application instructions:** Prior to bandaging the patient should have a full holistic assessment (please refer to local guidelines).

1. **Step 1** If necessary bandage the toes using Mollelast® 4cm retention bandage to prevent swelling in the toes.
2. **Step 2** Apply a layer of ActiFast® tubular retention bandage along the section of the limb being bandaged, allowing an extra 6cm either end.
3. **Step 3** Assess, reshape and protect the limb using FlexiBan® padding, ensuring graduated conical shape. Protect the popliteal fossa and make sure the knee has slight flexion. Fold the ActiFast® over either end of the padding. Continue the ActiFast® up the leg.
4. **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.
5. **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.
6. **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.
7. **Step 7** Apply a second layer of Actico®. Follow the same stages from steps 4-6 but apply the second layer in the opposite direction to create a semi-rigid cuff around the limb.
8. **Step 8** Finish as before.