



Figure-8 Ace Wrap of the Leg

Purpose of the Wrap

A figure-8 ace wrap is used to:

- Prevent fluid from pooling in your legs.
- Prevent blood clots or deep vein thrombophlebitis (also called DVT) from forming, especially in patients with decreased mobility.
- Help maintain your blood pressure.
- Prevent or reduce swelling in your feet if support socks are not enough.

Supplies

Gather these supplies:

- Ace wraps, either 4-inch or 6-inch.
- Tape – to fasten the ends, if it is not a wrap with Velcro fasteners.

Note: Do not use the metal clasps that may come with the ace bandage. They can poke you, injure you or may even become embedded in your skin, if you have decreased sensation in your legs.

Steps for Wrapping

Follow these steps to wrap your leg. The picture below may also help you or your caregiver.

1. Leave the wrap rolled up. Unroll just a bit.
2. Start on top of your foot, near your toes. Use equal tension with each turn and anchor the wrap with one or more turns around your foot.

Questions?

Call 206-598-4295

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Clinic staff are also available to help at any time.

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3. Carry the wrap diagonally upward across the front of the foot and around ankle.
4. When the heel area is covered, keep working up the leg with figure-8 turns. You do this by spiraling up the leg then back down to cross over the first turn. Apply the wrap smoothly to avoid pressure points to the skin.
5. When you make each figure-8 turn, overlap the prior one by about two-thirds.
6. Apply the wrap all the way up to your groin area. When you are done you should see the “V” pattern going all the way up your leg.

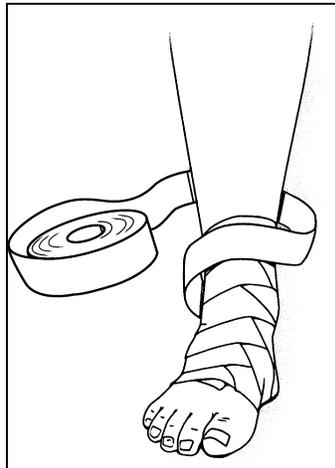


Figure-8 wrap

Washing the Ace Wrap

- OK to wash in washing machine.
- Hang to dry.

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