

Instructions for use PROFORE[◇] 18-25 cm

- ▶ Measure the circumference of the ankle to ensure you choose the right kit.
- ▶ It is important that you bandage the leg with the foot flexed.



PROFORE WCL
Sterile wound contact layer



Remove the wound contact layer from the packet and apply directly to the wound.



PROFORE #1
A padding bandage which absorbs exudate and protects protruding bones



Ensuring the foot is flexed, apply as smoothly and evenly as possible without stretching. Start at the base of the toes and give the bandage anchorage around the foot with 2 turns.



Work up the leg behind the Achilles tendon. Ensure the heel is completely covered.



Apply the padding in a spiral technique ensuring a 50% overlap. Work up the leg and finish just below the knee (tibial tuberosity). Tear and cut any excess bandage.



Use any remaining padding to protect any bony prominences or to improve absorption capacity if the wound is heavily exuding.



PROFORE #2
A light conformable bandage



Start at the base of the toes and give the bandage anchorage with 2 turns.



Bring the bandage under the arch of the foot and the bottom of the heel to ensure this is tight.



Move to the front of the foot and start to work up the leg using a spiral technique ensuring a 50% overlap.



Finish by leaving a straight edge to PROFORE 1 and cut any excess bandage. Use adhesive tape to secure if necessary.



PROFORE #3
A Light compression bandage



Anchor the bandage with 2 turns around the foot, then pass behind the Achilles tendon and pull lightly on the heel.



Next, take the bandage across the front of the foot at an angle of 45° with 50% extension. Pass the bandage horizontally across the Achilles tendon then move downward to the front of the ankle, at an angle of 45°, using a figure of eight technique.



Continue with this technique using the central yellow line for a 50% overlap.



Finish in the same place as PROFORE 2, cut any excess bandage and secure with tape.



PROFORE #4
A flexible cohesive bandage which applies pressure and maintains the other layers in place for a full week



Give the bandage anchorage with 2 turns around the foot.



Wrap around the Achilles tendon and cover the heel with the bandage with 50% extension. Bring the bandage under the arch of the foot and work upward across the foot.



Work up the leg up to the tibial tuberosity, using a spiral technique with 50% overlap.



Cut the bandage ensuring this is not stretched on the last 15 cm and secure by pressing lightly.