

## MOBIDERM SELF-BANDAGING PROCEDURE FOR THE LIMB

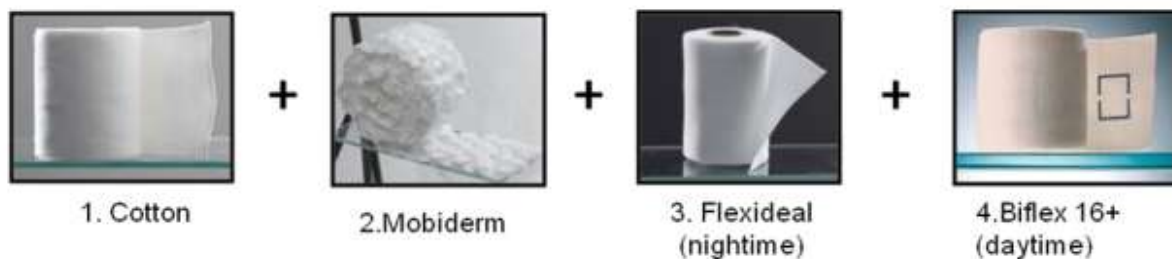
- Check the skin of the limb for sensitivity and infection
- Wear a compression glove, taping or bandaging on either the hand or foot. (Your lymphoedema therapist will guide you through this decision dependent on the severity of your lymphoedema)

### Material Required

- Cotton Bandage
- Mobiderm Bandage (15 x 15mm blocks)
- Flexideal (short stretch)
- Biflex 16+
- Sticking Tape

### Method

1. Cover limb with cotton bandage, spiral
2. Spiral Mobiderm ensuring no gaps (single layer)
3. Cover with a spiral of Flexideal (night-time bandage) half overlay. Tug and squish the bandage onto the Mobiderm
4. Cover with Biflex 16+, follow the bandage markings and do not pull the indicator past the shape of the square. Line up the bottom of the bandage with either Force 1 (half way in the square) or Force 2 (bottom of the square). Your lymphoedema therapist will determine this for you.



This bandaging system stays on for 24 hours (where possible). The Biflex (daytime) bandage is to be removed at night. Your lymphoedema specialist will determine how many days of bandaging you require