



## You and your ReadyWrap™

You have been prescribed ReadyWrap to improve the circulation in your leg. This should help reduce the swelling or help heal a wound (leg ulcer) on your leg. This treatment is known as 'compression'.

Compression is the 'gold-standard' treatment for leg ulcers or chronic swelling. While compression should feel firm, it should also be comfortable, although it may feel strange at first and take a little while to get used to.

ReadyWrap is an adjustable form of compression that is easy for you or a carer to apply and remove. It is important to use your ReadyWrap exactly as instructed, so that you can get the most out of it. Sticking to your treatment with ReadyWrap and looking after your leg will help the swelling to reduce or the ulcer to heal, and make it less likely to come back.

## Your leg health

Daily skincare and exercise are important in maintaining leg health.

Using a bland, fragrance-free cleanser and moisturiser every day will help keep your skin in good condition.

Allow your moisturiser to fully sink in before applying your ReadyWrap garments.

Inspect your skin daily for discolouration, or any breaks in the skin and report any changes to your clinician

For further information on leg health and simple leg exercises visit:  
[www.activahealthcare.co.uk](http://www.activahealthcare.co.uk)

## HELPFUL HINTS

To protect your skin and give a little extra comfort, you should wear a liner underneath your ReadyWrap. ReadyWrap is supplied with a suitable liner. If your clinician advises, you can use ActiFast as an alternative liner. However, you should not use compression stockings in place of the liner.



It's best to experiment and find a method of applying your ReadyWrap that works for you. You may prefer to sit with your legs stretched out in front of you, ideally before getting out of bed. However, some people find it easier to sit on a chair.



Your ReadyWrap can be taken off at night for comfort, and should be reapplied in the morning. Some people will benefit from wearing ReadyWrap at night. Always follow the advice of your healthcare professional.

# Application instructions

(See in-pack literature for full instructions)



Start by applying the silver liner or ActiFast to enhance comfort and to protect your skin.

If provided with a foot unit, you should always apply this first, followed by the calf unit.

If you are wearing ReadyWrap on your thigh, apply the foot and calf units first, then apply the thigh unit, and finish with the knee unit.

Colour-coded VELCRO® brand fasteners make it easy to apply all ReadyWrap units:

- 1 Start with the palest VELCRO® brand fastener. Using the strap with the horizontal VELCRO® brand fastener, first stabilise the strap at the side of your leg using one hand, then fasten at full stretch at the front
- 2 Repeat the process with the vertical VELCRO® brand fastener strap
- 3 Continue this process using the graduated VELCRO® brand fasteners as your guide (moving from lightest to darkest colour)
- 4 Ensure the straps are applied with a 50% overlap up the leg

## Looking after your ReadyWrap

To dry, lay on a towel or in a pillowcase and squeeze your ReadyWrap to remove excess water. Lay flat on a towel to finish drying. Take care to ensure the Velcro does not contact your towel.



Hand wash in warm water with a drop of mild detergent – rinse well in warm water



Do not iron



Do not use bleach or fabric softener



## When to contact your clinician

clinician's contact

If you have questions related to using your ReadyWrap, you should contact your nurse for advice. If you experience pain or numbness or changes of colour in your leg, remove your ReadyWrap and contact your nurse immediately.



For further information on leg health and simple leg exercises, visit: [www.activahealthcare.co.uk](http://www.activahealthcare.co.uk)

Do you have any questions for your clinician?

.....

.....

.....

.....