

# Instructions for use



## Long-stretch compression bandage Mediflex® 831

### Product description:

- This bandage is a long-stretch compression bandage for single use (non-sterile product). The bandage can be used in compression therapy for venous diseases and oedema caused by other factors (with an ABPI\* of 0.8 – 1.3). The bandage can also be used as a support and relief dressing for injuries of the musculoskeletal system.
- The product must be used only on intact (undamaged) skin. Wounds must first be covered with an appropriate wound dressing.
- This bandage can be applied by trained laypersons and medical professionals in both clinical and domestic settings.
- Due to its long-stretch properties, the bandage has a high resting pressure and a low working pressure. As a result, oedema can be reduced.
- Muscles, tendons, ligaments and joints are stabilised when the bandage is used as a support and relief dressing.

### Indications

#### Chronic venous diseases

- Prevention and treatment of venous oedema
- Prevention and treatment of venous skin changes
- Eczema and pigmentation
- Lipodermatosclerosis and atrophie blanche
- Treatment of venous leg ulcers
- Prevention of recurrent venous leg ulcers
- Varicose veins
- Initial phase after varicose vein therapy
- Functional venous insufficiency (in obesity and in seated and standing occupations)
- Venous malformations

#### Thromboembolic venous diseases

- Superficial venous thrombosis
- Deep venous thrombosis of the arm and leg
- Post-thrombotic syndrome
- Thrombosis prophylaxis in mobile patients

#### Oedema

- Oedema in pregnancy
- Post-traumatic oedema
- Postoperative oedema
- Postoperative reperfusion oedema
- Idiopathic cyclic oedema
- Congestive states as a result of immobility (arthrogenic congestive syndrome, paresis and partial paresis of the extremities)

- Drug-induced oedema if not possible to switch medication

#### Other indications

- Obesity with functional venous insufficiency
- Inflammatory dermatosis of the legs
- Congestive conditions in pregnancy
- Injuries of the musculoskeletal system

#### Contraindications

- Advanced peripheral arterial occlusive disease (if one of the following parameters applies: ABPI < 0.5, ankle blood pressure < 60 mmHg, toe blood pressure < 30 mmHg or TcPO<sub>2</sub> < 20 mmHg instep).
- Decompensated heart failure (NYHA III + IV)
- Septic phlebitis
- Phlegmasia coerulea dolens

#### Relative contraindications

- Severe weeping dermatosis
- Compression material intolerance
- Severe sensory disturbances of the extremity
- Advanced peripheral neuropathy (e.g. associated with diabetes mellitus)
- Primary chronic rheumatoid arthritis

#### Method of application (recommended) or as directed by a doctor

- When applying the bandage, ensure that the patient's foot is placed at an angle of 90° to the lower leg and that this angle is maintained throughout the entire application.
- Position the dressing around the middle of the sole of the foot and hold it firmly in place.
- Wrap the dressing around the metatarsophalangeal joints with a circular turn using moderate tension and slightly elevate the lateral edge of the foot.
- Coming from the medial side, wrap around the Achilles tendon and the heel. Without pulling across the instep, move towards the inner ankle.
- Coming from the inner ankle, enclose the sole portion of the heel with the bandage and move at an angle of 45 degrees towards the lower leg (figure of eight pattern).
- Subsequent spiral turns are made towards the knee joint with 50% overlaps.
- Apply the dressing using spiral turns at the specified distances.
- Apply the dressing in spirals until the dressing is one hand-width distal to the popliteal fossa. The last turn runs over the head of the fibula and generally ends medially.
- Fix the end of the bandage with the velcro.

- It may be necessary to adjust the application technique to suit the anatomic and pathophysiological characteristics of the patient.

#### Additional information

- Before starting the compression therapy with the long-stretch bandage, a Doppler examination should be performed to determine the ABPI.
- Bandage clips are used only for safety during transport; they are not intended for use on the patient.
- Dressings may lead to skin dryness and itching. It is therefore recommended to apply a basic cream containing no active ingredients, preferably in the evening.
- After application, check that there is good circulation in the toes to ensure that the dressing pressure is not too high. If pain or complications, such as persistent discoloration (blue or white toes), occur during treatment with the long-stretch bandage, the dressing must be removed without delay and the treating doctor must be informed.
- Long-stretch bandages must not be worn overnight or during longer periods of rest during the day.
- Permanent elastic bandages must not be cut because the elastic elements are anchored in the ends of the bandage.
- It is hazardous to re-use a medical device that is intended for single use. Recycling products in order to re-use them can have a seriously negative impact on their properties and performance.

Please note: **If, while using this product, you have any reason to assume that a serious event has occurred, please report the event to the manufacturer and your national authority.**



CE marking



Medical device



Tidyman



Single use only



PAP



Keep dry



Keep away from sunlight



KOB GmbH  
Lauterstraße 50, 67752 Wolfstein,  
Germany  
www.kob.de

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\* ABPI – ankle brachial pressure index