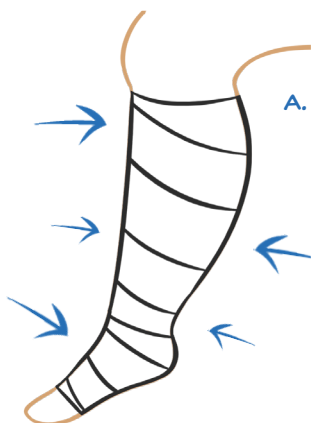


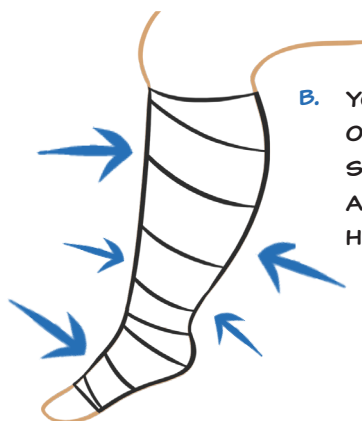
## HOW SHOULD YOU USE COMPRESSION THERAPY?



COMPRESSION THERAPY SHOULD IDEALLY BE ADJUSTED IN "DOSES VARYING FROM MILD TO STRONG" ACCORDING TO INDIVIDUAL NEEDS OF THE PATIENT. HOWEVER,



A. YOU SHOULD USE AT LEAST MILD COMPRESSION THERAPY (20 MMHG) FOR ANY LOWER LIMB WOUND IF THE PATIENT DOES NOT SUFFER FROM SEVERE ISCHEMIA OR A SEVERE, DECOMPENSATED HEART FAILURE.

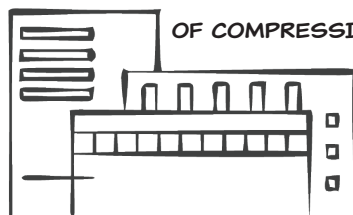


B. YOU CAN USE STRONG COMPRESSION THERAPY ON MOST LEG ULCER PATIENTS. EVIDENCE SHOWS THAT STRONG COMPRESSION HAS ADDITIONAL BENEFITS SUCH AS INCREASING THE HEALING PROPERTIES AND STOPPING EXUDATE.



IF YOU ARE IN DOUBT ABOUT THE USE OF COMPRESSION THERAPY, YOU SHOULD CONSULT OR REFER TO A SPECIALIST CLINIC FOR ACCURATE DIAGNOSTICS AND TREATMENT PLAN. YOU MAY BE IN DOUBT BECAUSE:

A. YOU ARE UNCERTAIN ABOUT THE PRESENCE OF RISK FACTORS THAT CONTRADICTS USE OF COMPRESSION THERAPY, SUCH AS



SEVERE ISCHAEMIA OR  
SEVERE HEART FAILURE



B. THE WOUND HAS ATYPICAL FEATURES (FOR EXAMPLE ABNORMAL APPEARANCE, MULTIPLE ULCERS OR STRONG PAIN)



C. THE WOUND DOES NOT SHOW 30-40 % REDUCTION WITHIN ONE MONTH WITH ADEQUATE COMPRESSION.