

## Chronic Oedema Wet Leg Management Plan<sup>®</sup>

<b>PATIENT NAME:</b>	<b>DATE OF BIRTH:</b>	<b>THERAPIST NAME:</b>	<b>DATE:</b>
Has patient had a recent NT Pro BNP to exclude heart failure? YES <input type="checkbox"/> NO <input type="checkbox"/> Requested from GP? YES <input type="checkbox"/> NO <input type="checkbox"/>			

Level	Products Required	Instructions
<b>Level One</b> Support without Compression  <b>An ABPI/TBPI is not required</b>	<ul style="list-style-type: none"> <li>Two pieces of Blue/Yellow/ Beige tubular stockinet</li> <li>Minimum of 3 rolls of synthetic undercast padding</li> <li>Wound dressing (if appropriate)</li> </ul>	<ul style="list-style-type: none"> <li>Wash and dry leg and cleanse wound/remove exudate if needed.</li> <li>Moisturise with emollient.</li> <li>Apply wound dressings/ absorbent pads as per local wound formulary.</li> <li>Apply layer of tubular stockinet (Blue/Yellow/Beige line based on size of limb).</li> <li>Starting at the base of the toes to just below knee apply synthetic undercast padding ensuring a cylindrical shape is achieved and bony prominences are covered and protected.</li> <li>Cover with a final layer of tubular stockinet (Blue/Yellow/Beige line).</li> <li>If toes are oedematous apply toe bandages using the Lymphoedema/Chronic Oedema Toe Bandaging Care Plan. Or consider using toe caps.</li> </ul> <p><b>Reassess at each bandage change and consider Level Two or Three ASAP</b></p>
<b>Level Two</b> Therapeutic Low Compression <b>An ABPI/TBPI is not required</b>	As above and add <ul style="list-style-type: none"> <li>Short stretch inelastic bandage/ cohesive (8cm x 1 roll + 1/2 rolls of 10cm width)</li> </ul>	Follow above instructions but omit second layer of stockinette and then... <ul style="list-style-type: none"> <li>Apply <b>one</b> layer of short stretch inelastic bandage or a cohesive bandage (i.e. Actico 8cm or 10cm width around calf stretched fully in a spiral application, starting at the base of the toes to below knee using a 50% overlap.</li> </ul> <p><b>Reassess at each bandage change and consider Level Three or Level Four or apply compression garments.</b></p>
<b>Level Three</b> Therapeutic Medium Compression <b>Arterial assessment is required</b>	As above and add <ul style="list-style-type: none"> <li>Short stretch inelastic/cohesive bandage (10cm width)</li> </ul>	Follow instructions for Level Two and then... <ul style="list-style-type: none"> <li>Apply a second layer of short stretch inelastic bandage or a cohesive bandage (i.e. Actico 10cm width) at full stretch in an opposite spiral application from the base of the toes to just below the knee with a 50% overlap</li> </ul> <p><b>Reassess, consider Level Four or apply compression garments. If not improving, consider NT-pro-BNP blood test to exclude heart failure</b></p>
<b>Level Four</b> Therapeutic High Compression <b>Collaboration with Lymphedema Services</b>	As above and add <ul style="list-style-type: none"> <li>Short stretch inelastic/ cohesive bandage (10cm width)</li> </ul>	If the patient's oedema or lymphorrhoea is not improving, then collaborate with the local lymphoedema service to increase the number of layers of short stretch inelastic bandage or a cohesive bandage. The service can also support and advise on compression for oedema in knees and thighs. <p><b>The main aim is to reduce oedema, heal wounds and stop lymphorrhoea once this has been achieved compression garments should be worn daily.</b></p>

Watch the LWCN Chronic Oedema Wet Leg Video:

