



## **Tubular elastic mesh bandage.**

### **Instructions for use:**

#### **Finger (simple treatment of one finger only).**

**Gauge:** 0 or 1 (depending on finger thickness)

Measure a length of the tubular bandage twice the length of the injured finger (without stretching it). Insert the tubular bandage up to the tip of the injured finger and twist it 2 to 3 times, braiding the top of the tubular bandage over the tip of the affected finger. Fold the tubular bandage back toward the tip of the finger to form a double bandage.

#### **Hand**

**Size:** 1 or 2 (depending on hand width)

Measure the desired length of the tubular bandage (approximately 20 cm, without stretching) and insert it into the patient's hand.

#### **Fingers (2 fingers held in place)**

**Size:** 1 or 2 (depending on hand width)

Measure a 10 cm section of the tubular bandage beyond the fingertips to the beginning of the wrist (approximately 30 cm, without stretching). Insert the tubular mesh over the patient's affected fingers and twist it twice, braiding the top of the tubular bandage over the injured fingertips and folding it back towards the beginning of the fingers to form a double bandage. Make a 4-6 cm cut in one side of the tubular bandage to allow the bandage to remain in place up to the patient's wrist.

#### **Foot**

**Size:** 2 or larger (depending on the thickness of the foot)

Measure with the tubular bandage a section from the bottom of the shin to the tip of the foot plus 15 cm (approximately 40 cm, without stretching), insert the tubular bandage at the beginning of the instep of the foot, turning it once and braiding the upper part of the tubular bandage over the tip of the foot to form a double "sock", also make a cut in the heel part to keep it comfortable and fresh.

#### **Joints (elbow, hand, fingers, knee, and foot)**

##### **Elbow**

**Size:** 2 or larger (depending on arm thickness)

Measure the desired length of the tubular bandage (approximately 20 cm, unstretched) for the elbow and insert it into the patient's arm.

##### **Knee**

**Size:** 3 or larger (depending on knee circumference) Measure the desired length of the tubular bandage (approximately 20 cm, unstretched) for the knee and insert it into the patient's leg.

##### **Head**

**Size:** 4 or 5 (depending on patient circumference)

Measure with the tubular bandage 2 times from the eyebrow to the skull (approximately 35 cm, without stretching), insert the tubular bandage on the patient's head according to the user's face, carefully, make a crosswise cut to leave the face free, keeping an inner end to form the support that will go on the chin turn one turn braiding the upper part of the tubular bandage braiding the upper part of the tubular bandage over the skull and fold it down again to form a double "cap".

#### **Chest**

**Size:** 5 or 6 (depending on the patient's build)

Insert the tubular bandage through the head and chest, including the arms, keeping them close to the body. Make the respective cuts for the arms according to the patient's height. Lift the tubular mesh upwards so that the patient can remove their arms.

#### **Pelvis and gluteal region**

**Size:** 5 or 6 (depending on the patient's build)

Measure with the tubular bandage, taking the hip and waist measurements as a reference, 10 cm from one of the ends of the cut tubular bandage, make a "V" cut, and also insert your hands to extend the tubular bandage, pass your legs through the tubular mesh, one through the natural hole of the tubular bandage and the other through the "V" cut.

#### **Shoulder**

**Size:** 4 or 5 (depending on the patient's build)

Measure with the tubular bandage from end to end of the shoulders plus 10 cm (approximately 50-60 cm, without stretching) 5 cm from one end of the total of the cut tubular bandage, make a 15 cm cut, in a circular shape on both walls of the tubular bandage, and insert the tubular bandage into the injured arm, it is located towards the upper part of the arm, the patient will hold the healing while the tubular bandage is passed over the head through the cut that was made, subsequently the patient will introduce the healthy arm through the same opening, if desired, cut the threads that bother the patient's armpit.

#### **Armpit**

**Size:** 5 or 6 (depending on the patient's complexion)

Measure the tubular bandage from end to end of the shoulders plus 10 cm (approximately 50-60 cm, without stretching) from one end of the entire tubular bandage, make a 10 cm circular cut only on one side of the tubular bandage, insert the tubular mesh into the injured arm, making sure that the cut is towards the upper part of the arm, the patient will hold the bandage while the tubular bandage is passed over the head through the cut that was made. Subsequently, the patient will introduce the healthy arm through the same opening.

#### **Thigh and Hip**

**Size:** 5 or 6 (depending on the patient's leg circumference)

Measure with the tubular bandage a section from the patient's waist 5 cm below the healing point (approximately 50 cm, without stretching) to 10 cm from one of the ends of the entire section of the tubular bandage, make a cut, pass your legs through the tubular bandage, one through a natural hole in the tubular bandage and the other through the cut made.