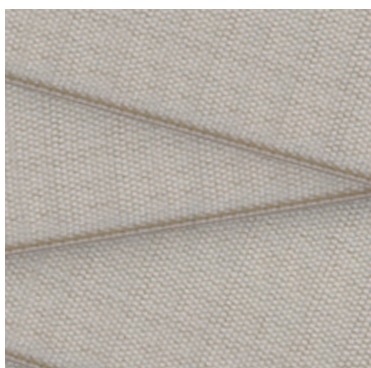
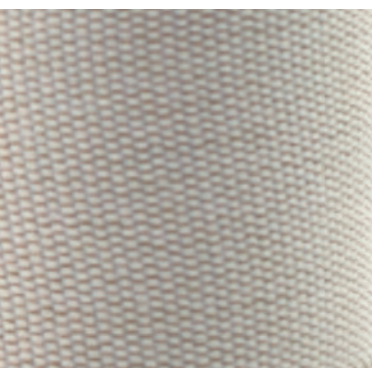




Autosana

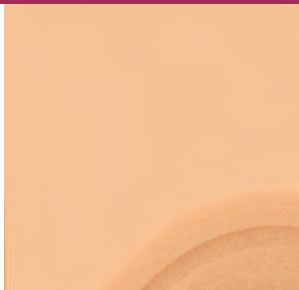
Compression bandages for phlebology,
lymphology and orthopaedic use



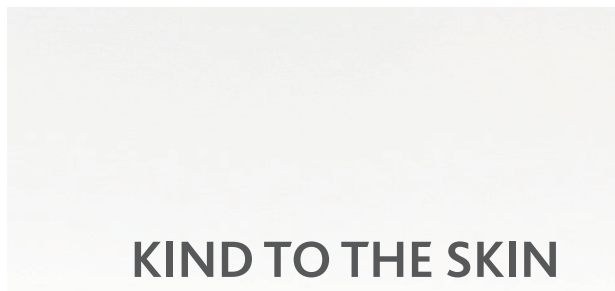
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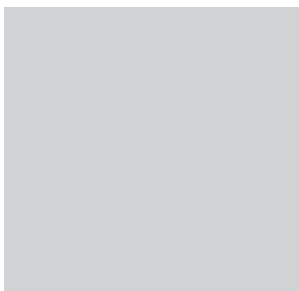
Foam, long-stretch compression bandage





**HIGH NUMBER
OF OPEN PORES**



KIND TO THE SKIN



Overview

Composition	High-grade, fine-pored polyurethane foam with high number of open pores (up to 60%)
Commercial forms	Various widths (thickness 0.3 or 0.4cm); length unstretched 2.5m; coloured; bandage clips only contained in the boxes (no. 1-4)
Elasticity	> 200%
Working pressure	Low
Resting pressure	High
Compression of	Knee, thigh, lower leg, arm
Recommended bandaging technique	Circular bandaging
Indications	Compression bandaging subsequent to varicose vein treatment (e.g. sclerotherapy); varicosis, phlebitis, thrombophlebitis and post-thrombotic syndrome; venous or lymphatic congestion; injuries to the ligaments, joints or meniscus; thermotherapy for arthritis; contusions, e.g. chest contusions; pulled back muscles; vertebrogenic lumbago; tendovaginitis
Care instructions	 

Autosana

Bandaging characteristics

Autosana is a permanently elastic, foam compression bandage with an elasticity of more than 200 %. It is characterised by a high resting pressure and a low working pressure. If the Autosana bandage is stretched while it is being applied, its high resilience brings about a high degree of compression at rest, i.e. a high resting pressure. During movement, the flexible Autosana bandage yields and adapts itself to changes in position and stretching of the muscles. Because it boasts three-dimensional elasticity and lies securely on the skin as a result of its slightly roughened surface, it adapts itself to any type of unevenness. Use of the Autosana bandage on its own has a good effect on the superficial venous system and, to a certain extent, on the deep venous system.

Uses

In the areas of phlebology and lymphology, the Autosana bandage unfolds its strengths both when used on its own and together with a short-stretch compression bandage. Applied with light tension as an underwrap, it provides a non-slip underlay that the short-stretch compression bandage adheres to extremely well. In the field of orthopaedics, the Autosana bandage is used as an elastic support and relief bandage in cases of damage and injury to the musculoskeletal and locomotor system, in particular contusions and strains, for joint stabilisation and as a sports bandage.

Efficiency

The Autosana bandage is a long-stretch, foam bandage, the greatest advantage of which is its non-slip properties, even on conical extremities. Because of its slightly roughened surface, the open pores not only hook onto each other, but also onto the surface of the skin.

Wearing time

Because of its high resting pressure, the Autosana bandage should be removed at night. A daily changing of bandages is necessary in this case. However, if it is only pre-stretched a little and used as an underwrap underneath a short-stretch bandage, it may therefore remain in place for as long as a short-stretch bandage.

Special features

Owing to its high number of open pores, the Autosana bandage does not cause any build up of moisture or heat. It is extremely kind to the skin and is indifferent to intact skin and damaged skin. The Autosana bandage is resistant to fats, oils, ointments, sweat and detergents.

Care instructions

To wash the Autosana bandage, soak it in lukewarm water with a mild (handwash) detergent, then knead it well like a sponge and rinse. If necessary, the Autosana bandage can also be boiled without any detergent (max. 10 min.) and then rinsed through in lukewarm water. Do not hang up to dry, but lay flat.

Indications for compression bandaging

Phlebology and lymphology indications

Oedema

Lymphatic oedema; oedema during pregnancy; posttraumatic and postoperative oedema; lipoedema; hormonal oedema; congestion resulting from immobility (arthrogenic congestive syndrome, paresis and partial paresis of the extremities); medication-related oedema (e.g. calcium antagonists or sex hormones).

Indications for orthopaedic use

Immovable bandage

Support and relief bandage

Following dislocations, sprains, sports injuries.

For contusions, fractured ribs, pulled back muscles, torn muscles fibres and specifically for injuries to the ligaments, joints, capsulae and meniscus.

Arthrosis thermotherapy

Autosana

Foam, long-stretch compression bandage



NON-SLIP



RESISTANT TO
FATS, OILS, OINTMENTS, SWEAT AND DETERGENTS



REUSABLE



Recommended wrapping technique

Compression bandaging is indispensable when it comes to treating phlebological and lymphatic conditions. By exerting permanent, localised pressure on the vascular system in the leg, compression bandaging increases venous and lymphatic drainage, improves venous pump function and, consequently, the flow of blood back to the heart. There are various techniques for applying a compression bandage, all of which are aimed, however, at achieving a firmly fitted bandage that does not constrict or pinch. For the Autosana bandage, circular bandaging (image 1 + 2) is the recommended technique, whereby the 10cm wide bandage is generally used on the lower leg or arm and the 12cm wide bandage in the knee and thigh region.

Irrespective of the bandaging technique used, some essential principles should be followed:

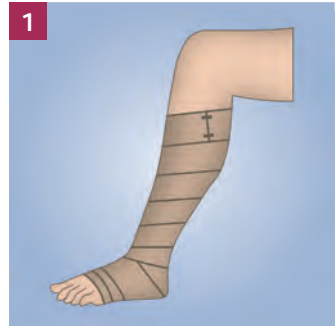
- Bandages should always be applied in a distal to proximal direction and can be applied with a constant bandage pre-stretch.
- Pressure should decrease in a distal to proximal direction, as congestion may otherwise occur.
- The compression bandage should be applied to the decongested leg in a lying position.
- The ankle should be placed at 90 degrees.
- The compression bandage may not restrict the arterial blood flow. Pain, numbness in the toes or extreme blueness are warning signs indicating that the bandage needs to be removed immediately.

- Both the heel and the metatarsophalangeal joints should be bandaged.
- The compression bandage on the lower leg is wrapped around the leg to below the knee joint as far as the head of the fibula. The compression bandage on the thigh is wrapped around the thigh as far as the proximal region thereof.
- Each compression bandage should be applied using overlapping turns.
- The compression bandage should follow the shape of the leg so as to prevent any pressure sores, furrows or pain.

Circular bandaging

Lower leg

1



2



Circular bandaging

Thigh

Information

Positive effects of compression

Tissue compression has the following effects:

- Reduction of lumen size in superficial and deep veins and, as a result, assistance in terms of valve functioning plus acceleration of the venous blood flow (blood circulation rate).
- Increase in tissue pressure and, consequently, a rise in re-absorption in the capillary system and in the lymphatic vessels, as a result of which increasing amounts of fluid (oedema) are pushed back into the venous and lymphatic system.
- Improvement in muscle pump functioning and self-massaging of the tissue upon moving.

Contraindications

Absolute contraindications

Advanced peripheral arterial occlusive disease (PAOD); congestive heart failure; septic phlebitis; phlegmasia coerulea dolens.

Relative contraindications

Severe sensitivity disorders of the extremities; 'advanced peripheral neuropathy such as diabetes mellitus; compensated peripheral arterial occlusive disease (PAOD).

Risks and side effects

Incorrect bandaging, i.e. bandaging with too great a pressure, may cause pain and lead to skin damage in the form of furrows, blisters or tissue necrosis, for example. It may also result in pressure damage to peripheral nerves, particularly at locations where bones protrude.

[Sclerotherapy of Varices]

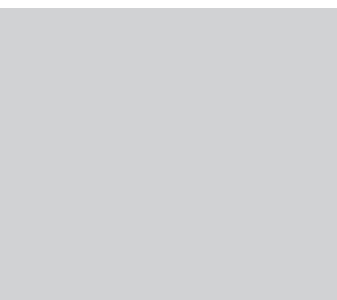
Healthy legs with microfoam



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