

Actico® automatically reacts to your patient's activity level to effectively manage venous ulceration **with or without** chronic oedema.

A full holistic assessment, including Doppler, should be carried out before treatment.

Indications

Actico® inelastic compression bandage system can be used for:

- venous leg ulcers with and without chronic oedema,
- chronic oedema and lymphoedema
- mobile and immobile patients

ABPI >0.8 - 1.2 Actico® compression therapy can be applied. If ABPI is >1.2 further investigation may be required before Actico® is applied (please refer to local guidelines).

Precautions

ABPI <0.8 - Actico® compression therapy should only be used under strict medical or vascular specialist supervision.

Not suitable for ankle circumference of less than 18cm unless padding is used to increase the ankle circumference to 18cm or more.

As with all compression systems, caution is required when:

- cardiac overload is suspected
- patients have diabetes
- advanced small vessel disease
- arterial disease is present
- renal failure is present

Following application, if the patient shows signs of pain, reduced colour or numbness on their extremities distal to the bandage, then it should be removed immediately.

Actico® should not be re-used. As with all compression bandage systems, training on the correct application of Actico® is recommended.

Actico® contains ultra-low sensitivity latex. If latex intolerance is suspected, the use of Rosidal® K 100% cotton inelastic bandage is recommended (details on website: www.activahealthcare.co.uk).



Actico®	PIP Codes
4cm x 6m	314-0860
6cm x 6m	314-0878
8cm x 6m	314-0886
10cm x 3m*	271-5431
12cm x 6m	314-0894

* Please note

10cm Actico® is recommended for use in the treatment of venous leg ulcers with or without oedema.



FlexiBan® Padding Bandage	PIP Code
10cm x 3.5m	271-5423



Mollelast®	PIP Codes
4cm x 4m	344-3983
6cm x 4m	344-3991



Cellona® Undercast Padding	PIP Codes
5cm x 2.75m	214-5845
7.5cm x 2.75m	214-5852
10cm x 2.75m	214-5860
15cm x 2.75m	214-5878

Actico®

Cohesive Inelastic Bandage

- FR Bande cohésive à élasticité court
- DE Kohäsive kurzzugbinde
- IT Bendaggio coesivo a corta estensibilità
- ES Vendaje coesiva de elasticidad reducida
- PT Ligadura coesiva de baixa elasticidade
- SW Lågelastisk kohesive binda
- GR Συνεκτικός ελαστικός επίδεσμος μικρού μήκους
- NO Selvheftende kortstrekk bandasje
- MK Kohезивен нееластичен краток растеглив завoj
- BG Кохезивна нееластична слабо разтеглива превръзка
- DK Selvheftende kortstræksbind
- AT Kohesive unelastische kurzzugbandage



ACTIVA®
HEALTHCARE
an **ER** Company

1 Lancaster Park, Newborough Road,
Needwood, Burton on Trent,
Staffordshire DE13 9PD, United Kingdom.

Customer care line:
08450 606707
International enquiries:
+44 1283 576 800
or visit our website at:
www.activahealthcare.co.uk

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Actico®

Cohesive Inelastic Bandage



Actico® 'Safe-Loc' system
- for consistently safe, accurate and
easy application - 'Lock & Roll'

1. Lock it at full stretch



2. Roll it at full stretch



Actico® Below Knee application for leg ulcer management

Application instructions: Prior to bandaging the patient should have a full holistic assessment (please refer to local guidelines).

Assessing the shape of the limb: Ensure sufficient padding is used to protect vulnerable areas and reshape the leg (if necessary) to provide graduated compression. Measure the ankle circumference before and after the padding layer is applied.

Please note: For ankle circumference less than 18cm, apply enough FlexiBan® padding to bring the ankle measurement between 18-25cm.

- **Step 1** Measure the ankle. Reshape/protect the limb (if necessary) by applying FlexiBan® padding.
- **Step 2** Secure padding with two turns at the base of the toes and with a figure of eight at the ankle before using a 50% overlap spiral up the leg to 2cm below the knee/popliteal fossa. Re-measure the ankle.

with an ankle circumference of 18cm-25cm after padding.

- **Step 3** Before applying Actico® 10cm check that the foot is correctly positioned 'toes to nose' to maximise ankle movement.

Hold Actico® with tension and apply two turns from the base of the toes. Roll Actico® across the dorsum keeping tension. An extra turn may be applied in the middle of a long foot.

- **Step 4** Enclose the ankle and heel with a figure of eight.
- **Step 5** Start to spiral up the leg using the 'Lock & Roll' method (50% overlap – full stretch). Roll the Actico® round the back of the leg whilst ensuring it is locked out at full stretch. Continue with the 'Lock & Roll' method up the limb in a spiral.
- **Step 6** Finish the Actico® 3cm below the popliteal fossa. Cut off excess bandage and tape if necessary. Ensure layers are bonded.

with an ankle circumference more than 25cm after padding.

- **Step 7** Apply a second Actico® 10cm in the opposite direction. Secure with two turns with tension over the ankle and on the third turn follow the 'Lock & Roll' method as before in Steps 5 & 6.

Finish as before.

Actico® Full Leg & Below Knee application for chronic oedema and lymphoedema

Application instructions: Prior to bandaging the patient should have a full holistic assessment (please refer to local guidelines).

- **Step 1** If necessary bandage the toes using Moll elast® 4cm retention bandage to prevent swelling in the toes.
- **Step 2** Apply a layer of ActiFast® tubular retention bandage along the section of the limb being bandaged, allowing an extra 6cm either end.
- **Step 3** Assess, reshape and protect the limb using FlexiBan® padding, ensuring graduated conical shape. Protect the popliteal fossa and make sure the knee has slight flexion. Fold the ActiFast® over either end of the padding.
- **Step 4** Correctly position the foot 'toes to nose' to maximise ankle movement. Apply two turns of Actico® 8cm starting at the base of the toes and apply with tension. An extra turn may be applied in the middle of a long foot. Bandage the heel with a figure of eight, keeping the tension. Continue a simple spiral with a 50% overlap - full stretch, finishing just above the ankle. Cut off any extra 8cm bandage and secure.
- **Step 5** Change to 10cm Actico® bandage and continue with the 'Lock & Roll' method (50% overlap - full stretch) up the leg.
Below knee: *if there is no oedema above the knee - finish the Actico® bandaging 3cm below the popliteal fossa. Cut off excess bandage. Apply the second layer in the opposite direction repeating from Step 4. Cut off excess bandage and tape if necessary. Ensure layers are bonded.*
- **Step 6 Full leg:** When bandaging above the knee the patient can be sitting or standing, but the knee needs to have slight flexion. Continue to bandage over the knee with the 10cm bandage, changing to 12cm Actico® above the knee. Continue using the 'Lock & Roll' method, stopping 1cm below the padding. Cut off excess bandage and tape if necessary. Ensure layers are bonded.
- **Step 7** Apply a second layer of Actico®. Follow the same stages from steps 4-6 but apply the second layer in the opposite direction to create a semi-rigid cuff around the limb.
- **Step 8** Finish as before.

NB: If patients require support and palliation then one layer may be adequate.

Actico® application for lymphoedema of the arm.

Assessment: Prior to bandaging the patient should have a full holistic assessment (please refer to local guidelines). Wash limb and apply emollients prior to bandaging and follow by applying enough ActiFast® tubular bandage to cover the arm. Please support the patient's limb during the Actico® Cohesive Inelastic Bandage System application.

- **Step 1** Finger bandaging - Bandage the fingers using Moll elast® 4cm/6cm conforming digit bandage. Bandage each finger individually starting at the thumb until the whole hand is covered. Further information can be found on the Activa website.
- **Step 2** Assessing the shape of the arm - Ensure sufficient padding is used to protect vulnerable areas and reshape (if necessary) to provide graduated compression.
- **Step 3** Bandaging the hand - Begin with (4cm/6cm) Actico® depending on hand size. Anchor the bandage without tension at the wrist (metacarpophalangeal).
- **Step 4** Complete bandaging the hand using even tension with a secure turn at the wrist. Cut off excess bandage just above the wrist, and ensure layers are bonded.
- **Step 5** Bandaging the arm - anchor (8cm/10cm) Actico® with a single turn at the wrist. On the second turn use the 'Lock & Roll' method (50% overlap - 100% full stretch). Roll the Actico® around the back of the arm whilst ensuring it is locked out at full stretch. Continue the 'Lock & Roll' method up the arm.
- **Step 6** Ensure elbow has slight flexion. If necessary change bandage width above the elbow depending on your initial assessment. Continue with the 'Lock & Roll' method and finish the first layer 1cm below the padding layer. Cut off excess bandage and ensure layers are bonded.

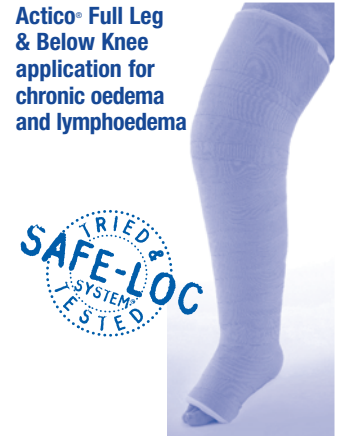
NB: 1 x layer of Actico® is sufficient to provide support and palliation. 2 x layers of Actico® will allow for greater reduction of oedema.

- **Step 7** Apply the second layer of Actico® (8cm/10cm) in a reverse direction. Anchor the (8cm/10cm) Actico® with a single turn at the wrist. On the second turn use the 'Lock & Roll' method (50% overlap - 100% full stretch). Continue the technique as described in steps 5 & 6.
- **Step 8** Finish as before and ensure layers are bonded.

Actico® Below Knee application for leg ulcer management



Actico® Full Leg & Below Knee application for chronic oedema and lymphoedema



Actico® application for lymphoedema of the arm.



For full pictorial step-by-step instructions for all the above applications log onto: www.activahealthcare.co.uk