

Information about Tubigrip (Mölnlycke)

- Tubigrip is a stockinette with covered latex* rubber yarns providing some compression.
- It can be purchased by the roll.
- It is an easy-to-apply compression to control swelling in your feet or legs or for venous problems.
- Some people who cannot manage compression stockings are able to manage tubigrip.
- Tubifast is like a liner for the tubigrip, and helps to slide the Tubigrip up the leg without hurting your skin. It isn't always used, though. Your nurse will tell you if it is needed.
- The number of layers that are used and the size that is chosen affect the amount of compression that it gives.
- You should only use the size and number of layers of tubigrip in the way that the nurse has shown you
- *Note: If you are allergic to latex, there is a similar product that is latex-free called Surgigrip (Derma Sciences)*

Measuring Tubigrip

The Tubigrip/ Tubifast should be measured and cut to the right length.

The nurse will measure and write the length for you:

- One layer of Tubifast = _____ cm.
- One layer of Tubigrip = _____ cm.
- Two layers of Tubigrip cut to twice the required length for the limb: _____ cm
They should both fit from the base of your toes to below your knee.
- A third layer of Tubigrip is sometimes used and should fit from the base of the toes to partway up the calf and should be cut to _____ cm.

Right leg application instructions (the nurse will check off all steps that you are to do):

- Pull Tubifast onto the limb like a stocking.
- Pull Tubigrip over the Tubifast.
- For a double layer of Tubigrip, leave the second length extended beyond the foot.
Double the tubigrip back over the foot and up the limb so that there are two layers.
- If the tubigrip gets pushed up your foot so that the end of your foot and toes are swollen, you can cut the piece even longer, and after you have doubled it up the leg, fold the extra to the top of your foot and tape it in place (like a stocking).
- Add the third layer if the nurse has directed you to do so

Left leg application instructions (if different from right leg):

- Pull Tubifast onto the foot and leg like a stocking.
- Pull Tubigrip over the Tubifast.
- For a double layer of Tubigrip, leave the second length extended beyond the foot. Double the tubigrip back over the foot and up the limb so that there are two layers.
- If the tubigrip gets pushed up your foot so that the end of your foot and toes are swollen, you can cut the piece even longer, and after you have doubled it up the leg, fold the extra to the top of your foot and tape it in place (like a stocking).
- Add the third layer if the nurse has directed you to do so.

Washing Instructions:

Tubifast/ Tubigrip can be hand washed and hung to dry.

You should only wash it **3 times** because it loses up to 1/3 of its ability to compress by the 4th washing.

If it isn't controlling the swelling in your feet and legs, you need a new piece. Throw the used piece out and measure a new one.

If you use it longer or wash it more than this, the swelling in your legs will increase, possibly causing new open sores.

Mölnlycke Product Order Numbers:

Tubifast: Not needed 2438 blue 2440 yellow 2442 beige

Tubigrip (Contains Latex): B -1436 C -1443 D -1437 E -1434
 F -1438 G -1439 J- 1440

Derma Science Order Numbers:

Surgigrip (Latex Free): B -GLB10 C-GLC10 D- GLD10 E-GLE10
 F-GLF10 G- GLG10 J- GLJ10

Where to purchase more: _____

Nurse's Signature: _____ Date: _____