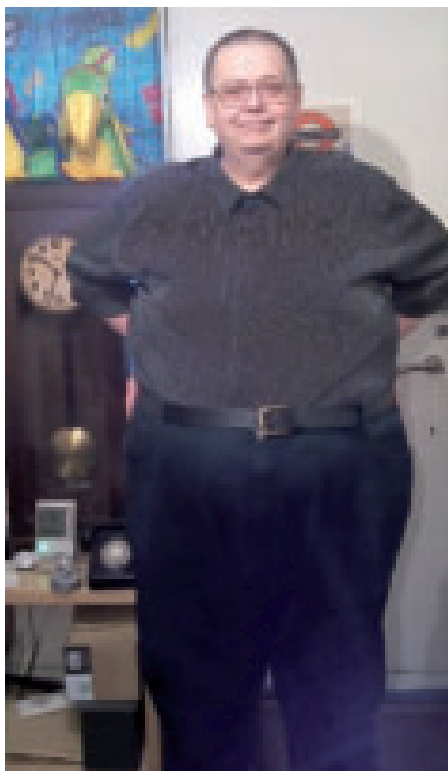




A compression wrap gave me back my independence

I have had a whole range of problems with my legs; swelling, lymphoedema, blisters, ulcers (leg and feet) and peripheral neuropathy caused by type 2 diabetes. The neuropathy means my skin's surface is numb so I feel no pain, although I do have pain in my upper thighs because of poor circulation. The neuropathy is a danger in itself — in the past I have rolled a Xerox machine over my feet when working and haven't even noticed the damage.



Derek Nicholls

My limbs were managed with compression bandages and Ichthopaste. However, the bandages could take up to one and a half hours to apply and would often slip and effectively form a tourniquet. So, my only option was to cut off the bandages and wait for them to be reapplied by the district nurses at their next visit.

Juxtacures[®], a compression wrap, was suggested to me by Sue Elvin, the consultant district nurse, as a solution to this problem, and I agreed to give it a try.

The system was quick to apply, comfortable, adjustable, and easy to remove so I could shower when I wished. I soon

learned how to apply juxtacures correctly myself. Its easy when you know how. I start from the bottom of my leg at the ankle and work my way up, attaching the VELCRO[®] straps as I go so that they are comfortable. Then, it is easy to establish that its delivering the right amount of compression with the measuring card.

In the mornings my legs are often thinner due to being elevated overnight; they then swell during the day. Previ-

ous bandages could not be adjusted, whereas juxtacures allows me to adjust the compression throughout the day, for instance, when I am standing up or sitting down.

My legs are now almost back to their normal size, with no ulcers, blisters or swelling. Juxtacures quickly helped to reduce swelling, helping with everyday things like fitting in my shoes and clothing.

My compression wrap set me free from needing carers and gave me back my independence. It meant I could reduce the frequency of district nurse visits from twice a week to once a month. 