



# ACE WRAP CARE

## What is an ace wrap



- An Ace Wrap is an elastic dressing often applied to an arm or leg after injury or surgery.
- It may be used to secure a dressing or splint or to provide light support.
- Ace Wraps can be adjusted to relieve swelling and avoid constriction. They should be securely but comfortably applied.
- It is always best to wrap from end of affected arm or leg toward body.

## Swelling: how to recognize



- Swelling from injury is common for the first 48 to 72 hours. **Keep the affected arm or leg elevated as much as possible.** Several pillows can be used to prop your child's arm or leg up. For arm: Elbow higher than heart and hand higher than the elbow. For leg: foot higher than the knee; knee higher than the heart.
- Apply ice to the arm or leg if recommended by the doctor, this will help keep swelling down. Place ice in dry plastic bag and loosely wrap around at site of injury.

## How do I Care for the ace wrap at home



- Avoid getting the dressing wet. A wet dressing leads to discomfort, odor, skin irritation and wound breakdown. **Keep the arm or leg dry by covering it with a plastic bag or wrap during shower or sponge bath.** Do not lower it into water.
- **Remove and loosely reapply the ace wrap if it bunches up, becomes uncomfortable, or if the toes or fingers are swollen, pale, cool, bluish, or dark.**
- **Avoid placing restrictive socks or clothing over the ace wrap.**
- Check the fingers and toes four to six times each day and more often in the first 48-72 hours following surgery. The digits should be pink and lighten slightly when squeezed and then return to normal skin color.
- Contact physician for any concerns.

## When to call the doctor?



- Severe, constant pain not relieved by elevation & pain medication.
- Persistent crying
- Fingers or toes become numb, tingling, and difficult to move.
- Bluish-colored or cold fingers or toes do not become normal when limb is elevated. Compare to the non-injured fingers and toes.
- Dressing becomes wet, damaged or is uncomfortably tight.
- Unexplained heat, odor or stain appearing on the dressing.
- Contact your physician or come immediately to Emergency Room or call 911