

Elevation:

Rest your hand above your heart whenever possible.

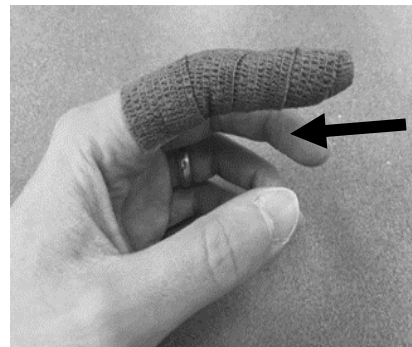
Compression:

Wear your compression wrap at all times except when:

- Bathing
- Desensitizing skin
- Doing scar massage
- Exercising

Types of compression:

- Coban™ wrap: wrap with moderate tension (halfway between full stretch and no stretch). Always wrap toward the wrist (see picture).
- Compression glove: Always wear inside out so the seams do not dig into the skin.
- Digit sleeve
- Gel digital cap
- Compression sleeve



Precautions

Remove compression if you notice:

- Throbbing in your fingers
- Color changes in your fingers
- Increased pain

Elevated pumping:

Hold hand above elbow and slightly above shoulder. Open and close your fingers. Can be performed while wearing Coban® or compression glove. Do this slowly _____ times in a row, _____times/day

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