

Views From the E-List* – Waterproof Bandaging

Queries:

Could anyone email me if you have used waterproof bandages with your pts.?.... AND... Has anyone used Smith and Nephew Op site bandage and your opinions on it would be great. Also, with waterproof bandages would you need to put it on when the joint is flexed vs. extended? And any special others things I need to be aware of? Would it be ok to use 2 small ones over lapping vs. one big bandage and still have the waterproof quality?

Responses:

I have used tegaderm quite often with my patients. I have heard of a lot of people using Op site as well. There is also pink hy tape which I have used to tape down colostomy bags which is water proof. Tegaderm works well, but you need to put it on about 15 min before the patient enters the water so it will seal or it will sometimes curl up. It is difficult to use around fingers and toes

One of our ortho's and also Univ. of Oregon athletic dept uses "Op site." There are no instructions like you mentioned about how to apply it or how long you need to wait until getting in the water. I work with ortho pts and some of the 22 doc's are finally open with getting some pts in the water a bit early, however want more info.

We have had success with Op-site for medium to large wounds. We have started using band-aid brand "flex-fit" (I believe that is the name - it says 100% waterproof on the package) for smaller wounds, since it is much cheaper - we trialed it first and there was zero leakage. Just fyi with the Op-site - you need to place gauze directly over the wound before applying, since you may take off healing tissue when you remove the Op site.

For TKR, put the covering over the FLEXED knee.

**Opinions and suggestions expressed in this column represent e-list member responses to the query posted. They are not represented by the Aquatic Therapy and Rehab Institute and/or the author(s) of this column as recommendations regarding appropriate practice.*