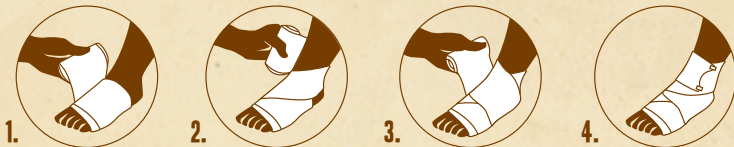




COMPRESSION WRAP: A compression wrap is used to prevent swelling, which can help your ankle feel better. It does not support the ankle or prevent it from moving, so it does not protect it except by reminding you to be careful of your ankle.

INSTRUCTIONS:



MOLESKIN: Moleskin can be used to stop blisters or to ease the pain and friction of a blister that is already occurring.

INSTRUCTIONS:

1. Make sure the area is clean.
2. Cut the moleskin into the desired size for your area of concern.
3. Place the moleskin so that it surrounds the affected area and not directly on to the blister.





GAUZE: Some wounds should be bandaged with gauze, while others can be left uncovered. A small wound with a minimal amount of bleeding can be left uncovered because it will heal quickly. A cut on a part of the body that is used a lot, such as a hand, should be bandaged with gauze to prevent the formation of scabs that could interfere with its use.

GAUZE IS RECOMMENDED TO COVER WOUNDS FOR SEVERAL REASONS:

- It can protect the wound from dirt and bacteria to promote healing and reduce the risk of infection.
- Gauze maintains a moist environment, which allows oxygen to get to the wound and promotes healing.
- It absorbs blood and promotes clotting.



CARE AND CLEANING: This kit is not washing machine safe. You should wipe it down with a wet cloth and dry when needed.

