

Advice for patients Tubigrip

Tubigrip is used to support an injured limb
-it maybe applied in double or single layers

- It should be taken off when in bed,
and put on when getting up.
- Avoid allowing it to become wrinkled,
as this may affect your circulation
- Remove the tubigrip if your toes/
fingers become blue, more swollen,
numb or you have pins and needles.
- It should be worn for as long as you
have been advised by the hospital staff

Useful contact numbers:

Orthopaedic Outpatients Appointments

Cheltenham General: 08454 223147

Gloucestershire Royal: 08454 228240

Plaster Room

Cheltenham General: 08454 223148

Gloucestershire Royal: 08454 228411