



How to Apply a Sweat Wrap

The purpose of a sweat wrap or sweat bandage is to help remove any swelling and edema from a horse's lower limb to expedite healing. The bandage must be applied in a specific order of layers to gain its full benefit. The following are guidelines to applying a proper sweat wrap to a horse's lower leg:

- Make sure leg is clean and void of debris.
- When applying bandage layers, make sure to continue to **wrap each layer in the same direction** to avoid loosening of the bandage.
- 1st, wear a glove to apply a thick layer of sweat ointment to the area that is swollen. The sweat ointment contains solvents that will absorb through human skin, so take care to wear gloves when applying.
- 2nd, wrap the area with a plastic wrap
- 3rd, apply the thick cotton bandage material. Wrap around the leg in the same direction as the plastic wrap.
- 4th, apply the 6 inch wide brown gauze tightly over the thick cotton bandage in the same direction as the previous layers. Take special care in wrapping over the cotton bandage and not on the skin. Brown gauze does not stretch and could cut off blood circulation if wrapped directly on the skin. This layer provides compression to the wound so make sure that the gauze is snug over the cotton bandage.
- 5th, apply the white stretch adhesive tape over the top and bottom of the bandage. This bandage tape should be applied to both ends of the bandage and onto the skin to keep the bandage from slipping down and to keep debris out of bandage.
- Lastly, apply vet wrap over the entire bandage. This layer should be applied tightly over the cotton bandage only to provide compression.

The sweat bandage should be removed after 24 hours and the wound area re-evaluated. You may continue to sweat wrap the area daily.