

Self-Bandaging Empowers Patients
Through Independence and Control

For patients managing chronic health conditions such as lymphedema, lipedema, venous insufficiency, or post-op, self-bandaging is emerging as a simple yet powerful form of empowerment.

Learning to properly apply their own compression bandages gives patients greater control over their care and promotes a sense of independence that can be both psychologically and physically beneficial.

By actively participating in their treatment, patients often report improved confidence and a deeper understanding of their condition. This self-management approach can enhance adherence to treatment plans, leading to better long-term outcomes and reduced reliance on frequent clinical appointments.

In rural or underserved areas, where access to regular medical services may be limited, self-bandaging offers a practical solution to bridge the gap in care. It allows patients to maintain consistent treatment routines at home without needing to travel long distances for support.

As healthcare systems continue to embrace more patient-centered approaches, self-bandaging stands out as a cost-effective, empowering practice that puts patients at the heart of their own care journey.

Yet despite its potential, self-bandaging is still far from routine mostly because most patients find the application of traditional bandaging systems too complicated and time-consuming. There are also practitioners who prefer their patients “not do anything rather than doing something wrong”.

Fast'n Go hybrid bandages bring a genuine solution to these challenges that hold self-bandaging back



Learn more on
www.selfbandaging.com



Breaking News
Bandaging deskilled!

Specialist knowledge and skills are not required for a safe and effective application of Fast'n Go hybrid bandages, and their application is so simple!

Compression therapy, a practice shaped by Experience as much as Evidence, has long been a topic of controversy. Yet all clinical guidelines agree on the fact that: “**Specialist knowledge and skills are required for a safe and effective application of compression bandages**” – a point we examine further in “The Bandaging Dilemma” on page 3.

Unfortunately, in the real world, most bandages aren't applied by specialists at all—they're applied by homecare practitioners, carers, or even patients themselves. So how can we expect safe, effective results when, by definition, the people applying the bandages often lack the very knowledge and expertise the guidelines say are essential? And what are the solutions?

Traditional short-stretch bandages, a compromise between inelastic and elastic bandages are not adapted for self-bandaging and homecare as they make the control of the compression extremely difficult. In a German observational survey*, only 12.3% of the 1,476 homecare practitioners assessed, successfully applied the target compression pressure of 50–60 mmHg. But worse, the range of pressures measured ranged from 6 mmHg to 173 mmHg, in other words from useless to potentially dangerous.

Multi-Layer Bandages (MLB) bring a solution to the compression dosage issue as their application is safer, even in the hands of non-specialists. The problem is that their application is complicated, time-consuming, and, when padding is involved, the result is bulky and limits mobility.

Adjustable Compression Wraps bring a solution to the complexity of MLB application. Their application by patients, carers, and practitioners is easy and the compression level can easily be adjusted. The problem is that they bring us back to where we started. Just like bandages, they are a compromise between inelastic and elastic materials. Controlling the right dosage of compression with them requires specialist knowledge and skills.

Fast'n Go hybrid bandages have been designed to meet the real needs of the self-bandaging patients, carers, and homecare practitioners (safe, effective, easy and quick application). Our patented hybrid technology is not based on a compromise: we combine a very elastic bandage with an inelastic one into a single-layer bandage. In short, you get the best of both worlds: the safety of elastic compression with the effectiveness of inelastic, without the usual downsides. And we can easily demonstrate that their safe and effective application does not require specialist skills and knowledge. So yes, we are deskilling bandaging!

And what's in it for you if you are a skilled and knowledgeable (usually overworked) specialist practitioner? We are not saying you will do better with Fast'n Go hybrid bandages, but we know for sure you will do as well but but much faster!

*Heyer K, Protz K, Augustin M. Compression therapy – cross-sectional observational survey about knowledge and practical treatment of specialised and non-specialised nurses and therapists. Int Wound J 2017; 14:1148–1153

Real-Time Evidence vs EBM:

A No-Brainer?

Evidence-Based-Medicine (EBM) is essential for delivering safe, effective, and personalized healthcare. But does it really apply in the field of compression therapy?... (Continues Page 2)

Lymphedema, Chronic Edema, Lipedema,

Complex Causes, Simple Management?

Edema is swelling caused by excess fluid trapped in the body's tissues. It can occur anywhere but is most common in the legs, feet, and hands. There are many causes to edema ... (Continues Page 2)

Exercise and Inelastic Compression:

The Perfect Combo

Unlike the blood circulatory system, which has the heart to pump blood, the lymphatic system has no central pump of its own. It therefore relies on an extrinsic pump.... (Continues Page 3)

Real-Time Evidence vs EBM

Cutting-edge pressure sensor technology is sparking a long awaited paradigm shift in compression therapy.

Did you know that, as with many interventions intended to prevent ill health, the effectiveness of parachutes has not been subjected to rigorous evaluation by using Randomised Controlled Trials. Advocates of evidence based medicine (EBM) have criticised the adoption of interventions evaluated by using only observational data. We think that everyone might benefit if the most radical protagonists of EBM organised and participated in a double blind, randomised, placebo controlled, crossover trial of the parachute.

More seriously, one of the biggest flaws in how EBM approaches compression bandaging is the issue of dosage of the compression. Most clinical studies on compression bandages don't even measure how much pressure is actually being applied to the patient. And if they do, they make the assumption that, on the field, the same level of compression will systematically be achieved. As the German survey cited on page one illustrates, it's a bit like being prescribed 500 mg of Ibuprofen—only to be handed a box with pills ranging from 50 mg to 1,500 mg, all unlabelled and indistinguishable. The result? Inconsistent treatment, unpredictable outcomes, and a therapy that's hard to trust or scale.

However, in spite of their huge cost, often prohibitive for smaller companies, we still strongly believe that EBM and clinical studies remain fundamental but:

- they shouldn't preclude common sense,
- and "not having one" shouldn't mean your device isn't effective and safe.

So, what is Real-Time Evidence?

Real-time evidence refers to information or data that is collected, analyzed, and made available immediately or nearly immediately as events occur, rather than after the fact. It allows decision-makers, researchers, or practitioners to respond quickly to current conditions rather than relying on historical or delayed data.

At Fast'n Go, we have pioneered the use of Anatolog® pressure sensors in the field of compression therapy. With up to 16 sensors measuring the pressures simultaneously we are capable of getting a much better idea of what is going on in terms of pressure underneath the bandages. On top of that, the software is extremely user-friendly, and we don't have to walk behind the patient with our computer to get dynamic data!

More importantly, we can now bring immediate answers to some fundamental questions like:

- Gradient of compression?
- Inter and intra-personal reproducibility?
- Repartition of compression along and around the limb?
- Resting vs Working pressures?
- "How do these 2 devices compare?" (Illustration below)
- And our favourites: "what if we do this?" or "should we try that?"

And you know what? We absolutely love to be challenged, so do not hesitate to contact us if you are willing to check your knowledge, disrupt your certainties and reevaluate your convictions.



Edema:

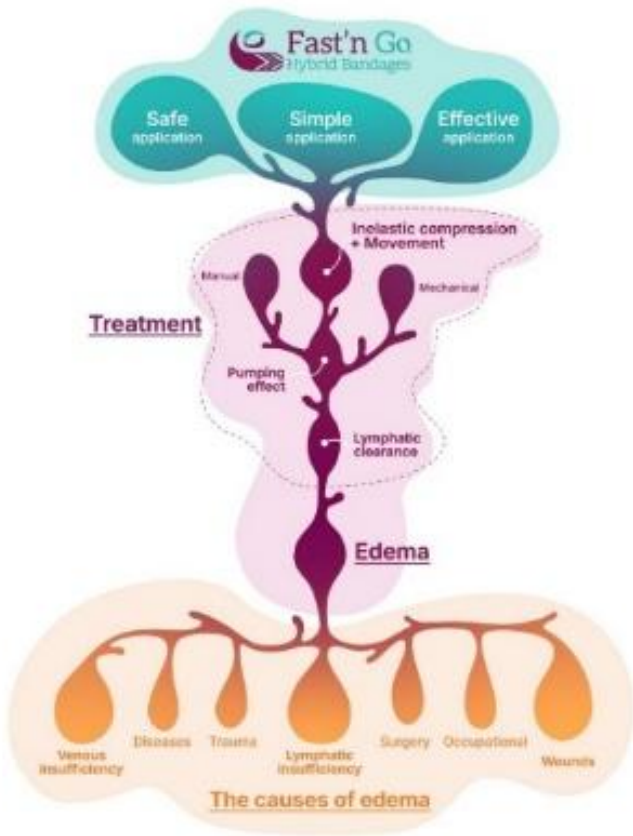
Complex Causes, Simple Management?

Edema rarely has a single cause. Although lymphatic insufficiency is a well-known contributor, swelling may also arise from venous insufficiency, trauma, surgery, various diseases (and their treatments), or even occupational stress. In most cases, edema develops through multiple, complex, and interrelated factors. For instance, research has shown that untreated wounds can lead to chronic edema, while unmanaged edema can, in turn, promote wound formation and infections such as cellulitis.

However, at its core, edema consists "only" in an abnormal buildup of fluid in the body's tissues. And no matter the causes of the edema, the solution remains helping the body flushing the lymph out.

This requires creating an external pump effect. This can be done manually through lymphatic drainage, mechanically via devices like intermittent pneumatic compression, or more effectively, through a combination of inelastic compression and movement.

That brings us to the treatment's real priorities: safety, effectiveness, and simplicity. And it's with these needs in mind that Fast'n Go hybrid bandages have been designed for use with any type of edema, even if applied by non-specialist practitioners. .



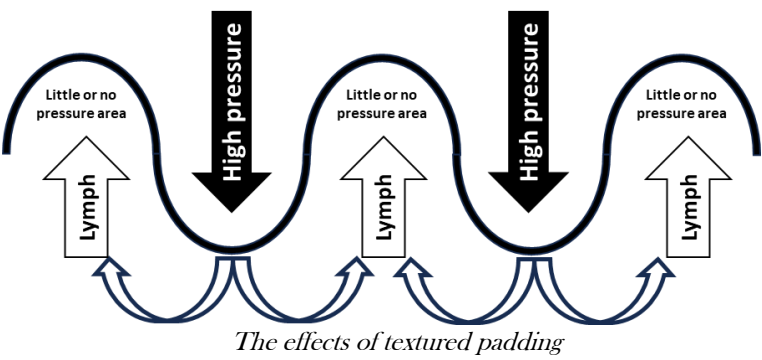
What about Padding and Fast'n Go hybrid bandage?

The truth lies in the balance

Although historically, "padding materials were introduced to mitigate single component application errors" they are an interesting component in the management of chronic edema. The benefits of traditional foam padding are many (pressure distribution, limb shaping, skin protection, comfort, ...). Textured padding systems are now also helping loosening fibrotic tissues to break down fibrosis.

But padding also has inconveniences as it can be bulky, reduce the mobility, and trap heat and sweat, setting the stage for skin problems. More critically, it will absorb the effectiveness of inelastic bandages.

Also, by design, textured padding creates localized high-pressure zones but, as a consequence, also zones with very little or no pressure where the lymph will naturally drift and may stagnate.



Our tip: You can use Fast'n Go hybrid bandages with any padding system, keeping in mind they will absorb some of their effectiveness. But, when using textured padding, we highly recommend to have the patient do an immediate follow-up mobilization session with Fast'n Go directly on the skin. This will help clear the lymph that tends to get trapped in low-pressure areas.

"Edema? Think Fast'n Go hybrid bandages!"

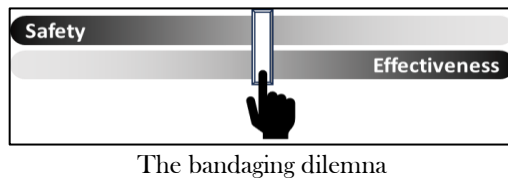
The Bandaging Dilemma:
Or why Bandaging is not just a Science, but also an Art.

The science of bandaging tells us that not all compression bandages are equal. The three types, as defined by the International Compression Club, are:

- inelastic (< 10% stretch),
- short-stretch (10% to 100% stretch),
- long-stretch (> 100% stretch).

Their respective performances largely depend on how much they can stretch and how they apply pressure to the limb during rest and movement. And if you only look at the science, you will come to the conclusion that the “perfect” bandaging system should be as inelastic as possible for effectiveness while as elastic as possible for safety.

That is the bandaging dilemma, and that’s where bandaging becomes an art



Give any compression system to someone with specialist knowledge and skills and you’ll get a very safe and effective application. But when the person applying the bandage doesn’t have these knowledge and skills, the application becomes a real challenge.

The real question is not “What type of bandage should be used on this patient?” but “Who is going to apply it?”

With Fast’n Go we have gone back to the fundamentals as our patented hybrid technology consists in inserting a long-stretch bandage (for maximum safety) into an inelastic one (for maximum effectiveness) and to mechanically limit the stretchability to 30% (short-stretch).

With Fast’n Go hybrid bandages, the bandaging dilemma is history—and we prove it in two minutes. Just scan this QR code and you will see.



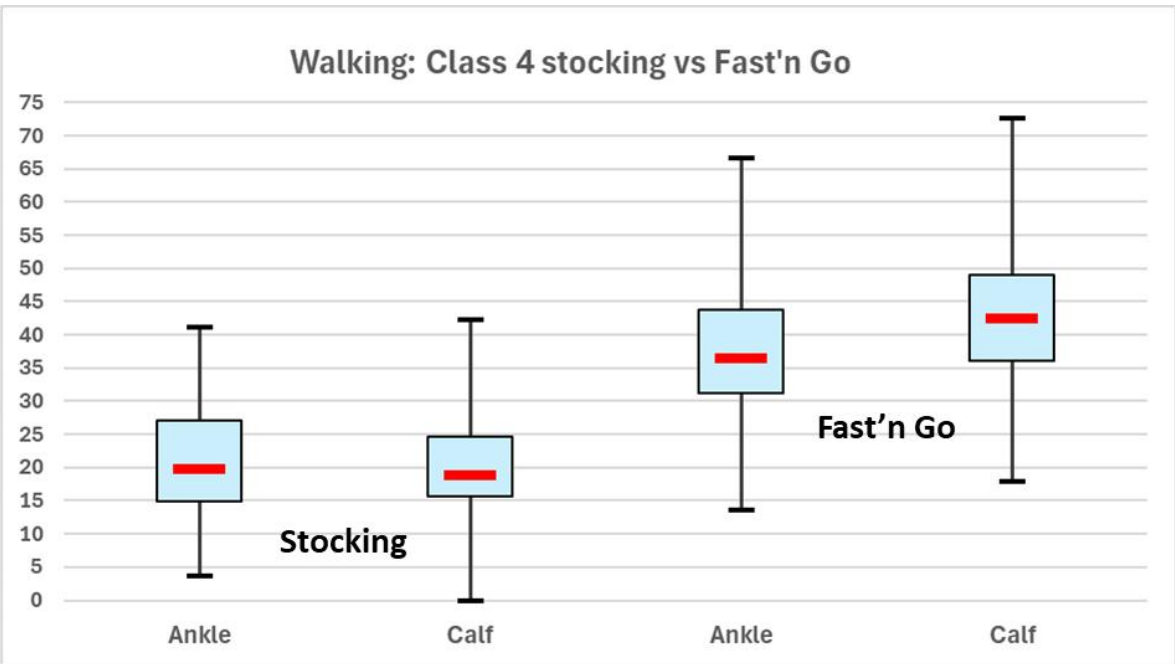
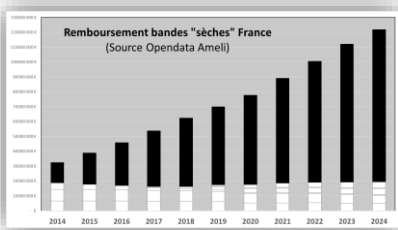
Disposable Bandages: A Scandal in Homecare

An AI generated plea in the spirit of Zola’s “J’accuse”.

« I denounce the waste, the blindness, the hypocrisy. For chronic conditions —conditions that last months, years, often a lifetime—patients are told to bandage with systems destined for the trash. What madness is this? Resources squandered, costs multiplied, mountains of medical waste piled high, while the sick are left to believe this is progress. I denounce the indifference of systems that profit from disposability, from endless consumption. I denounce the complacency of those who look away, who accept this as inevitable, who place convenience above responsibility. There are alternatives—durable, safe, effective. To deny them is to betray patients and the planet alike. This scandal must end. For every unnecessary roll discarded, there is an accusation against reason, against justice, against care itself.»

Sadly, the reality is that bad. In the last 10 years, the systematic use of disposable bandaging kits (black on the chart) has nearly **quadrupled the cost** of compression bandages to the French healthcare system (from 32.3 M€ in 2014 to 121.8 M€ in 2024) and the total amount of waste generated in 2024 can be estimated at more than **1 000 tons** in France only.

We just hope other countries can learn from this.



Sub-bandage pressure measurements on a walking healthy volunteer (and the dog enjoys the walk)

Exercise and Inelastic Compression : The Perfect Combo

Exercizing is good for patients with chronic edema. Exercizing with compression garments is better. But nothing beats exercizing with Fast’n Go hybrid bandages.

Compression garments are designed to exert a defined level of pressure on the limb. Mechanically, the applied compression will adjust in response to changes in limb volume. An increase in limb circumference results in a proportional rise in pressure, while a reduction in volume leads to decreased pressure.

To enable donning, however, all compression garments—regardless of compression class, knitting technique (flat or circular), or whether they are standard or custom-made—require a high degree of elasticity, typically allowing up to 100% stretch. As a consequence, during ambulation or physical activity, the fabric accommodates calf muscle expansion by stretching, thereby reducing the counter-pressure exerted during muscle contraction.

In contrast, inelastic bandages provide a rigid containment of the limb. Their limited extensibility ensures that, during ambulation, contraction of

the calf musculature generates high working pressures, effectively transforming the muscle pump into a highly effective mechanism for edema reduction. However, this effectiveness presents a paradox: the more successful the system is in reducing the volume, the more rapidly its effectiveness declines (on average, 50% decrease in interface pressure within two hours). So, what can be done?

Regular re-application enhances the effectiveness of the treatment with Fast’n Go hybrid bandages.

The solution is quite simple and consists in re-applying the bandage on a regular basis to start again with the most effective compression. And while this is not realistic with traditional bandages, the simplicity of Fast’n Go hybrid bandages makes it possible for self-bandaging patients who typically need less than a minute for an arm or below-knee and a couple of minutes for the full leg.

Living Beyond Edema

Every day, patients prove that passion, resilience, and joy shine brighter than any challenge.

Chronic edema can certainly make daily life more challenging—but it does not have to stop anyone from pursuing their passions or reaching their goals.

Across the world, people with lymphedema or lipedema are proving that determination, creativity, and support can overcome physical obstacles. Some have become professional models, challenging beauty standards while raising awareness of the condition. Others thrive as dancers, moving gracefully despite the weight and swelling in their limbs. Athletes with lymphedema have risen to the top of their sports, achieving world and Olympic championships through discipline and perseverance.

Equally inspiring are those who find joy in building families, advancing in their careers, or simply living active, fulfilling lives. Their stories highlight that while lymphedema and lipedema may demand adjustments, they do not have to take away ambition or happiness.

“You may say we are dreamers, but we’re not the only ones”

Lymphedema or lipedema may be part of a person’s life, but they should never define their limits. With proper care, resilience, and self-belief, patients can continue to dream big—and achieve even more.

At Fast’n Go, we are extremely proud to be a part of these patients’ journey, allowing them to adapt their bandaging routine to their daily life and not viceversa. And we would like to thank all these patients who wear Fast’n Go hybrid bandages and are often our best ambassadors. Your success and happiness is our best reward



From Fundamentals to Frontiers

Shifts in medical paradigms occur as new tools redefine what’s possible, extending rather than discrediting past practice.



Pierre Gonon

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When I first came across compression therapy and lymphedema, some 25 years ago, the world looked very different. Back then, it was considered “normal” or “the truth” to tell patients to avoid sport or any kind of exercise, and some practitioners were convinced that “if compression is easy to put on, it is not effective”. I’ll never forget one conversation with a very influential Medical Doctor who told me, straight-faced, that upper-limb lymphedema didn’t exist in Germany. When I asked how he could possibly claim that, he replied: *“I’ve been a Medical Doctor for more than 30 years, and I’ve never seen a single patient with upper-limb lymphedema!”*. That was the mindset of the early 2000s.

But around that same time, I was lucky enough to meet some real pioneers—people brave enough to question the old “truths” and push the field forward. They inspired new ways of thinking, new methods, and new questions we hadn’t dared to ask before. And I feel privileged to have been part of that energy, as a founding member of the ILF and later as someone who could help steer its development, even through the many inevitable hurdles.

Looking back, one memory stands out above many others: the video from the very first ILF international children camp in 2012. The emotion, the joy, the courage captured there remain one of the great highlights of my career. And yes, I still watch it every now and then.

In 2013, without even realizing it at the time, I found myself following Steve Jobs’ advice: *“You’ve got to start with the customer’s experience and work backward to the technology”*. Years of listening and working with patients and practitioners had revealed an undeniable truth: a bandaging system that was simple, safe, and effective for self-bandaging patients, carers, and homecare practitioners was needed.

In a moment of serendipity, combining luck with a sense of meaningful coincidence, I had the idea of the hybrid technology. At first, I questioned it—*“This is too simple; surely I’m missing something.”* But very soon I got confirmation by expert practitioners and, maybe more importantly, by patients that Fast’n Go hybrid bandages fitted very well in the therapeutic arsenal for self-bandaging and homecare.

« Simplicity is the ultimate sophistication »

- Leonardo da Vinci

But the significance of that moment went beyond a single innovation. It reflected the very spirit of the ILF: challenging conventions, empowering patients, bridging the gap between rich and poor countries, and reimagining what is possible. Hybrid technology was a step forward—but it was also a signal.

A signal that by keeping patients at the center, and by daring to question the old “truths,” we can continue to shape the future care of patients with chronic edema. We should never forget that, when a marketer claims “this bandage remains effective for up to 7 days”, the patient hears “another week without a proper shower, if any at all”.

The new Frontier for Thonic Innovation is to become a Frugal Innovation company, because I genuinely believe we can do more with less. When I look at how resources are used — and often wasted — in the management of chronic edema, from everyday routines to the latest high-tech, AI-fueled solutions, I can’t help but think that, in the end, it’s the patients who end up paying the price, one way or another. Whether or not Leonardo da Vinci truly said it, the phrase *“Simplicity is the ultimate sophistication”* captures exactly what I stand for.

True progress doesn’t come from adding more — it comes from removing what’s unnecessary until only what genuinely matters for the patients remains. Guided by science, simplicity, common sense, and empathy, we need to move forward for those who rely on us most: the patients.