



Patient Information Sheet

Compression Garments

Introduction

This leaflet will provide information on compression garments which play an important role in the management of lymphoedema. If you have any questions after reading this leaflet, please speak to one of the team.

Compression Garment

- Your garment will help to provide support to the tissues and limit the amount of fluid building up in the limb (arm or leg).
- Wearing your garment may feel strange or uncomfortable at first. This is usually brief and within a few days should begin to feel more comfortable and supportive.
- Make sure you wear the garment as this will control your lymphoedema.

Useful Hints

- Put your garment on first thing in the morning when your swelling is at its least and remove at night.
- Do not sleep in your garment unless you are advised to by your therapist.
- Moisturise your skin, preferably at night. If applying during the day, make sure it is well absorbed before putting your garment on.
- Always ensure the garment is evenly distributed over the limb (arm or leg). Rubber gloves can help to grip the material to readjust as necessary, removing any creases or wrinkles in the fabric.
- Always exercise with your garment on. The muscle movement against the garment will encourage lymph drainage.
- You will be prescribed two garments, one to wash and one to wear. Try and alternate these evenly to keep in the best condition.
- Garments should be cared for according to the manufacturer's instructions and replaced every 6 months. Please request further compression as required every 4-6 months, by contacting patient choice directly on 01823 246800. If there are any issues with the fit, then contact the clinic.
- If you are having difficulty applying your garment speak to your therapist who will be able to discuss various aids and techniques to help you.

Avoid:

- Having creases or wrinkles in the garment.
- Folding over the ends of the garment.
- Cutting or altering the garment.

How to apply your garment

- Your therapist will advise on the correct way to apply your garment.

Remove garment and inform your doctor or therapist if:

- Your fingers/toes start to turn blue or purple.
- You experience any numbness or new tingling sensations.
- You start to feel short of breath.
- Your garment is a poor fit, digging in or causing pain/skin irritation.
- If you have an infection known as cellulitis in your limb (arm or leg), follow the advice of the healthcare professional who will explain the best way to wear the compression so it can be tolerated.

Further information and resources

Staffs District Nurse – 01782 831110
Patient Choice – 01823 246800, option 1

Our Contact Details

Lymphoedema Clinic 01782 676688

UHNS.lymphoedema@nhs.net

or message directly through Patient Knows Best (PKB)