

Compression Garments - Patient and Carer Advice

It is extremely important to remember that your condition requires lifelong attention.

Wear Your Garment Every Day

Apply first thing in the morning (before legs start to swell) and remove at bedtime (unless advised otherwise by your healthcare practitioner). Support stocking applicator aids are available if required.



Always compare any new garments with your old ones to make sure they are the same (if ordered as a repeat prescription).

If you have any problems or concerns contact your nurse or lymphoedema therapist as soon as possible.

It is recommended not to tumble dry or use fabric softener as this may damage the elasticity in the garment.

1



Be Active!

Sitting / standing in one position (particularly with the limb hanging down) will make the swelling worse; just paddling the feet, getting up and walking around the room / going up and down one step a few times will improve the movement of fluid.

When you are resting, elevate your legs **horizontally**.



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Patient and Carer Advice Continued

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Take Good Care of Your Skin

3 Wash and moisturise your limb daily using a cream / ointment to keep your skin in good condition and to reduce the risk of infection. Apply creams / ointments in the evening, as morning applications will make it more difficult to apply your garments and may damage the material.



Please avoid trauma, injections, sunburn and insect bites to swollen area.

If you experience any signs of the following: burning, increased pain, increased swelling, skin changes or numbness, please consult your GP as soon as possible.

If ulceration occurs, you must seek help ***promptly*** as the wound will need assessed and dressed. You may also need to have compression bandages applied to aid ulcer healing and minimise risk of infection. The sooner you seek help, the better the treatment outcome.

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Think About Your Weight

Reduce or keep your weight within normal limits using a healthy eating plan and regular exercise, as this will have positive benefits on your lymphoedema management.



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Every effort has been made to ensure that the information included in this leaflet is correct at the time of publication. This is not to be used for commercial purposes.