

How to look after your compression garment

Other formats

If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

What is a compression garment?

A compression garment is a tight fitting garment which aims to increase sensory feedback and to activate weak muscles. It can also help to manage altered muscle tone or stiffness and improve function. This device must not be re-used or re-supplied to another person and is for your use only. It conforms to the Medicines and Healthcare Products Regulatory Agency (MHRA) standards.

Why have I been given a compression garment?

- To improve function
- To increase quality and fluency of movement
- To increase awareness of part of the body by giving sensory feedback
- To increase the range of active movement of a limb
- To reduce increased muscle tone
- To reduce associated reactions
- To help with posture and give stability

You and/or your carer have been shown today how to put on and take off your compression garment and have demonstrated you are able to do so.

When should I wear my compression garment?

Build up tolerance gradually from 15 minutes with a minimum rest period of 1 hour. This can be increased to 30 minutes, followed by 1 hour, 2 hours, 4 hours, 6-8 hours, as recommended by your treating therapist. Make sure you take periods of rest from wearing.

You have agreed to:

Things to watch out for

Please check your skin after you take off the compression garment for:

- Swelling
- Pain or discomfort
- Redness that does not disappear after 30 minutes of removing the garment
- Numbness or pins and needles
- Increased stiffness
- Skin rash / irritation

If you think the compression garment has caused any of these problems, then either ask for it to be removed or stop wearing it and please contact your therapist.

Do not wear the compression garment at night or when unwell.

What should I do if there is a problem with my compression garment?

If it is damaged, needs reviewing or does not fit anymore, please contact your therapist. Please do not try to adjust it yourself.

Cleaning my compression garment

Remove and hand wash in warm soapy water. Air dry before wearing again.

Further information

Please contact your therapist at:

Address of department:

Therapists name:

Telephone number:

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

Northern Devon Healthcare NHS Trust
Raleigh Park, Barnstaple
Devon EX31 4JB
Tel. 01271 322577
www.northdevonhealth.nhs.uk

© Northern Devon Healthcare NHS Trust
This leaflet was designed by the Communications Department.
Tel: 01271 313970 / email: ndht.communications@nhs.net