

# Application and Care of Compression Garments

## St Oswald's Lymphoedema Service



we care

we campaign

we educate

## St Oswald's Lymphoedema Clinic

The Lymphoedema Service at St Oswald's aims to offer a service to individuals with lymphoedema, whatever the cause. We help patients to understand their condition and offer advice on how they can adapt everyday activities in order to successfully control their lymphoedema.

This leaflet aims to give you clear information about your compression garments:

- How to apply and remove them
- What to do if you notice any problems
- How to take care of the garments

### Application of your garment

#### When should I wear my garment?

Your compression garments should be applied first thing in the morning, and removed in the evening unless you've been instructed to do otherwise by your Lymphoedema Practitioner.

#### Body lotions and moisturisers

Please be careful when applying moisturising body lotions and creams to your arm or leg, as it may damage your garment. Check to ensure that all of the cream has been fully absorbed before your garment is applied.

#### Folds and wrinkles

All folds and wrinkles should be fully removed from your compression garment when it is applied. This can be achieved by wearing a pair of household rubber gloves whilst putting your garment on.

Garments **should not** be worn with the top of the garment, hand piece, or foot piece folded back.

## **What to do if you have difficulties putting on your garment**

Please contact your Lymphoedema Practitioner if you're having any difficulties applying or removing your garments.

There are several different aids available to help you with this, which will make application more straight forward and comfortable for you.

## **If you notice any of the following please remove your garment immediately and contact us (telephone number overleaf) or your G.P:**

- Any redness or rash, increased heat, tenderness and/or increased swelling to your arm or leg that doesn't improve overnight
- Damage/discolouration to your skin
- Pain and/or pins and needles or numbness that only occurs when you have your garment on

## **How to take care of your garment**

It's recommended that garments should be washed daily according to the manufacturer's instructions.

Garments should be replaced every three to six months, or when:

- They begin to lose their elasticity or support
- They develop holes or ladders
- They become too tight or too loose

## How to request a new garment

Many garments are now available on prescription. Patients who have already been fitted with a compression garment in clinic, which is the correct style, size and fit, may be asked to obtain any additional or replacement garments from their GP.


This change will allow us to better direct our time and resources, allowing us to support patients more effectively as our service grows. Your Lymphoedema Practitioner will discuss with you the best way for you to get additional or replacement garments.

If you have any concerns or queries about the application and care of your compression garments please don't hesitate to get in touch. Messages can be left on our voicemail if no one is available to take your call. We will always get back to you. Many thanks.

For further information about St Oswald's Lymphoedema Service please contact the Lymphoedema team on 0191 246 9050.

This leaflet is available in a range of formats. Please ask a member of our team if you require a different format. Thank you.

We are a registered charity and rely on voluntary donations and legacies to enable us to care for patients and families.

Find us on: 



St Oswald's Hospice, Regent Avenue, Gosforth,  
Newcastle upon Tyne NE3 1EE

Telephone: 0191 285 0063

E-mail: [enquiries@stoswaldsuk.org](mailto:enquiries@stoswaldsuk.org)

Website: [www.stoswaldsuk.org](http://www.stoswaldsuk.org)

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