

Patient information

Compression Gloves

Occupational Therapy - Therapies Department

These compression gloves are made of a combination of nylon and spandex material that stretches to provide gentle pressure. This may ease the pain, swelling and stiffness due to arthritis.



Use of gloves

- The glove(s) should feel snug but not too tight.
- The glove(s) should feel comfortable.
- Glove(s) should be worn with the seams on the outside
- Use for short periods during the day initially to get used to them, as advised by your therapist.
- Do not wear the gloves continuously for 24 hours a day.
- Remove glove(s) for hand hygiene purposes and make sure hands are washed and dried thoroughly.

The gloves should only be worn on the identified hand(s) as stated below:

- During daily activities.
- During a night's sleep.

Cleaning

You can machine wash your glove(s) on a cold delicate cycle or hand wash. Lie flat to dry. Do not tumble dry or dry on direct heat (e.g. a radiator).

Driving

We do not advise wearing the compression gloves when driving as they have a slippery surface which can affect gripping the steering wheel.

Precautions

Remove the glove(s) if you notice any of the following:

- Numbness.
- Pins and needles.
- Your fingertips and/ or thumb changes colour.
- Severe pain.
- Red marks on your skin.
- The gloves should not disturb your sleep, if they do then remove.
- If worn during periods of activity, consider the slippery surface of the compression glove and the possible effect on your grip. e.g. handling kettle or hot pans.

If you have any problems with your compression glove or if it no longer fits or needs replacing, please contact your occupational therapist.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Occupational Therapy Service

Royal and Broadgreen Hospitals

Tel: 0151 706 2760

Text phone number: 18001 0151 706 2760

Aintree Hospital

Tel: 0151 529 8047

Text phone number: 18001 0151 529 8047

Author: Occupational Therapies Service - Therapies Department

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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