

Patient information

Pressure Garments for Lower Limb Swelling

Therapies Department

A guide for wearing and care of your garment.



Your occupational therapist is.....

Swelling following injury or surgery is a common reaction but may cause problems if left untreated. Early management is therefore important. There are several things you can do to help reduce the swelling:

Elevation

When lying down position your foot (feet) on a pillow so that it is higher than your head.

Avoid:

- Excessive use of the limb
- Local heat to the limb
- Tight clothing or jewellery
- Infection
- Dependent position of the limb

Wearing a pressure garment is one method of helping to reduce the swelling.

Care of the garment

- Hand wash or use a delicate fabric cycle in the washing machine.
- Please use a non-biological mild detergent.
- Do **not** use fabric conditioner.
- Pat dry with a towel and leave it to dry naturally.
- Do **not** dry in direct sunlight.
- Do **not** dry on a radiator.
- Avoid using creams containing wax paraffin or petroleum.
- Use water or silicone-based moisturiser or cream.
- When re-applying your garment after bathing, creaming and massaging make sure the skin is dry and no residue cream is left on the skin.

Wearing guidelines

- **Do** wear the garment during the daytime only, or as prescribed by your occupational therapist.
- Remove to wash your skin, put cream on and at bedtime.
- **Do** change to a clean garment every day.
- **Do** wear the garment next to the skin. Seams should be worn on the outside.

Remove the garment if any of the following occur:

- Pins and needles.
- Feeling of numbness.
- Garment rubbing or irritating skin.
- If toes turn white or blue.
- Increase in swelling.
- Increase in pain.

Do not alter the garment in any way or turn the top elastic down. If there are problems, please tell the occupational therapist.

Your garment should feel snug but not so tight that it feels uncomfortable.

Remember that the sun's UVA rays penetrate through the Lycra material.

Replacements

You will be supplied with two garments to be worn alternate days.

It is your responsibility to contact your occupational therapist to renew your garment if it becomes worn or baggy.

If you do not contact your therapist, we will assume that you are no longer wearing the garment and you will be discharged from the pressure garment service.

If on review, the therapist considers that you will require garments long term to help control the swelling then you will be referred back to your GP for management of this.

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

If you have any queries, please call the Limb Reconstruction Therapies Team at Broadgreen Hospital Monday to Friday 8.30am to 4.00pm

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