

Patient information

Pressure Garments for Lower Limb Scars A Guide to Wearing and Care of your Garment.

Therapies Department

A scar will form following an injury or surgery and is a normal part of wound healing. It takes about 24 months for a scar to mature. Over this time the scar may shorten and contract. Looking after your scar should help to reduce or prevent problems.

Ways to look after your scar:

- **Do** massage with cream – use a water or silicone based moisturising cream and avoid using creams containing wax, paraffin or petroleum.
- **Don't** expose the scarred area to sunshine for at least two years. If you do uncover the area, use a total sunblock cream.
- Wearing a pressure garment is one way to help flatten the scar.



Your occupational therapist is.....

Care of the garment

- Hand wash or use a delicate fabric cycle in the washing machine.
- Use a non-biological mild detergent.
- Do **not** use a fabric conditioner.
- Pat dry with a towel and leave it to dry naturally.
- Do **not** dry in direct sunlight, on a radiator or in a tumble dryer.

Wearing guidelines

- **Do** wear the garment continuously or as prescribed by your occupational therapist. Only remove to wash your skin and massage with cream.
- When reapplying your garment after bathing, creaming and massaging make sure the skin is dry and no residue cream is left on the skin.
- **Do** change to a new garment every day
- **Do** wear the garment next to your 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.
- **Do not** worry if the scar becomes purple or dark coloured. This is normal and will fade with time.

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.

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 08.30 to 4.00pm
Tel: 0151 282 6928
Textphone Number: 18001 0151 282 6928

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