



Instructions for Applying Compression Hosiery

Compression hosiery should be applied daily for maximum effect. The primary purpose of compression hosiery is to maintain the swelling and prevent the condition from worsening.

Prior to applying emollient cream or applying a compression garment the skin should be inspected for any signs of broken skin, areas of irritation or possible signs of infection (increased swelling with heat, redness and flu-like symptoms). Should you have any concerns do not apply the garment and contact the lymphoedema clinic, district nursing or GP for advice.

The skin should be washed daily and emollient cream applied using gentle massage strokes. Sufficient time should be given to allow the cream to absorb before applying the garment, or the cream can be applied at night before bed.

- If the client is seated, it is recommended that the carer should kneel close to the clients' leg.
- Alternatively if the client can straighten their knee, and a stool/ chair is available, the carer can sit facing the client (Picture 1).



Picture 1



Picture 2

If the client has an adjustable height bed, the garment should be applied while the client is still in bed, with the leg brought to the edge of the bed.

Garments should be applied according to the manufacturers' instructions (Please see attached). Where possible the client should be encouraged to help pull up the garment.

If an applicator aid is provided this too should be used according the attached instructions.

If you have any concerns or need to be shown how to apply compression hosiery please contact the lymphoedema clinic on the number below.

Telephone Number for your Lymphoedema Clinic:

Lymphoedema Network Northern Ireland (LNNI) www.lnni.org

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