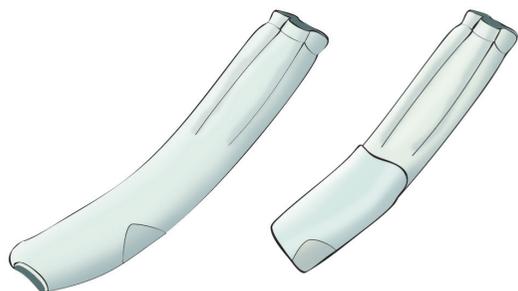


How to apply your stocking

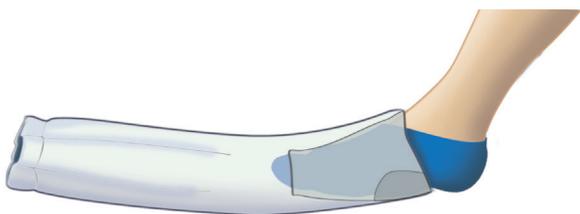
1. Turn the stocking inside out to the heel.



2. If you have a silk slipper or easy slide put this over the foot first.



3. Pull the stocking over your foot ensuring the heel is in the correct position.



4. Starting at the heel, gradually ease the rest of the stocking up your leg a little at a time smoothing out wrinkles and creases as you go. Do not pull from the top as this can cause the stocking to become overstretched.

5. Once the stocking is in place pull out the silk slipper or easy slide.



REMOVE GARMENT AND INFORM YOUR DOCTOR/THERAPIST IF

- Your fingers/toes start to turn blue or purple.
- You experience any new pain (especially in the toes or fingers).
- You experience any numbness or new tingling sensations.
- You start to feel short of breath.
- Your garment fits incorrectly.
- Your garment is causing pain or skin irritation.
- If you have an infection known as cellulitis in your limb.

Compression Garment

Patient Information

Compression Garment Patient Information

The use of compression garments plays an important role in the management of lymphoedema.

Your garment will help to provide support to the tissues and limit the amount of fluid building up in the limb.

The garments are designed to be stronger at the hand/foot than the armpit/groin, thereby directing fluid out of the limb where it can be drained more easily.

Wearing your garment may feel strange or uncomfortable at first. This is usually transient and within a few days should begin to feel more comfortable and supportive.

Your compliance with wearing the garment is paramount in controlling your lymphoedema.

Useful Hints

- Put your garment on first thing in the morning when your swelling is at its least and remove at night.
- Do not sleep in your garment unless advised to by your therapist.

- Moisturise your skin preferably at night, if applying during the day make sure it is well absorbed before putting your garment on.
- Sprinkling talc on the limb may help when applying your garment.
- Always ensure the garment is evenly distributed over the limb, rubber gloves can help to grip the material to readjust as necessary.
- A new garment may rub and irritate the skin at joint creases. Applying Vaseline over the area can help ease discomfort. If this does not settle speak to your therapist for further advice.
- Always exercise with your garment on. The muscle movement against the garment will encourage lymph drainage.
- You will be provided with two garments, one to wash and one to wear. Try and alternate these evenly to maintain longevity and elasticity. Garments should be cared for according to the manufacturer's instructions and replaced every 6 months.
- If you are having difficulty applying your garment speak to your therapist who will be able to discuss various aids and techniques to help you.

Do Not

1. Have creases or wrinkles in the garment.
2. Fold over the ends of the garment.
3. Cut or alter the garment.

How to apply your sleeve

1. Turn the sleeve inside out to the wrist.



2. Pull over the hand.



3. Now grasp a firm support. Working from the wrist, gradually ease the sleeve up your arm smoothing out wrinkles and creases as you go. Do not pull from the top as this can cause the sleeve to become overstretched.



4. If a glove or separate hand piece is worn ensure there is a good overlap and the ends do not sit in the wrist crease.

For further information contact:

Therapist: _____

Tel no: _____