

# Compression Garments for Burn Injuries

## Compression garments are used to:

- Help minimise scarring by softening, flattening and encouraging skin to return to its normal colour
- support veins to allow good blood flow to and from your skin
- reduce scar itch and blood rush feeling
- protect your skin as it heals
- reduce swelling.

## Wearing compression garments:

- Wear day and night, 23 hours every day.
- Remove for up to one hour per day to allow for showering, wound dressing changes moisturising and scar massage.
- Garments can be worn over dressings or silicone products.
- Ensure that your moisturising cream is absorbed before reapplying silicone products or garments (wait 10-20 mins).

## Putting on compression garments:

- You will learn how to put your garments on and take them off correctly so that you do not damage your skin.
- If you are having difficulty getting your garment on by yourself, ask your Occupational Therapist about devices that may help.
- Rubber gloves may help you get a better grip when pulling your garment on or off.

## Precautions:

- Your garments need to be firm, but not too tight.
- If you experience increased pain, pins and needles, throbbing, numbness and / or increased swelling remove the garment and contact your Occupational Therapist.
- When wearing your garment do not allow your garment to fold or wrinkle as this can restrict your circulation.

## The correct compression garment for you:

There are many types of compression garments that your Occupational Therapist may prescribe for you throughout the healing stages.

Your Occupational Therapist will measure, fit and review these based on your individual needs. Depending on how quickly your scar matures, you may need to wear the garments for at least 1-2 years.

## Care of the compression garments:

You need to wash your garments daily. You will be provided with two sets of garments to allow for this.

- Hand wash, or gentle machine wash inside a zip-up lingerie bag or pillow-case.
- Use lukewarm water with a phosphate-free laundry liquid.
- Do not soak, or use bleach, “Napisan” or fabric softener as this can irritate your skin or damage the garment.
- Hang garments in the shade to dry.
- Do not use a clothes drier, heater or hang in the sun as this can damage the elastic properties of the garment.
- Garments may be hung in front of a fan to dry more quickly.

## Garment replacement:

The policy of the RBWH is to provide 2 sets of garments every 6 months. If you require replacement garments prior to this your Occupational Therapist can provide information regarding self-purchase of additional garments.

Garments range in price from \$50 for off-the-shelf to \$3000 for custom-made, so it is important to take good care of your garments.

**Please contact your Occupational Therapist if you have any queries or concerns.**

**Occupational Therapist:** \_\_\_\_\_

**Phone: (07) 3646 7100**