

# Compression Garments

A compression garment has been fitted for you on request from your doctor.

## Compression garments are used:

- To maintain or improve efficient blood flow (circulation) back to your heart.
- To help prevent or decrease swelling.
- To prevent venous ulcers.
- To assist with scar management.
- To reshape muscle flaps and plastic reconstructive surgery.

## When to wear your garment:

Wear your garment as indicated by your Occupational Therapist. Your wearing regime is:

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## Care of your garment:

- Wash your garment every second night for cleanliness and to make sure it remains a firm fit.
- Hand wash in lukewarm water with soft soap, rinse thoroughly and roll it up in a towel to dry out excess water. Hang the garment in the shade to dry.
- Do not use a dryer, heater or hang in the sun, as this damages the elastic.
- When putting your garment on, do not pull from the top as this will overstretch the material.
- Garments should last 6 months with correct care.

## Helpful hints:

- The use of rubber gloves with textured finger pads can help you get a better grip on the garment when pulling it on or taking it off.
- If you are having difficulty getting your garment on by yourself, ask your Occupational Therapist about devices that may help.

## Precautions:

- If you experience any pain, cramping, pins and needles, numbness or unusual skin changes, remove the garment and contact your Occupational Therapist (07 3646 7100).
- Do not fold your garment down at the top as this can tourniquet.
- Make sure that your garment does not wrinkle down during the day.

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

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

**Phone:** (07) 3646 7100

