



Advice for using Pressure Garments

Occupational Therapy Departments

www.ulh.nhs.uk

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk

What is a Pressure Garment?

A pressure garment provides compression to a part of the body. It can be used to improve the appearance of scars or reduce swelling.

Please follow the instructions for when to wear and how to care for it.

Why do I need a Pressure Garment?

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Begin by wearing the garment for about an hour, then check your skin. If there are no problems, then increase your wearing time as advised by your Occupational Therapist.

If you experience increased swelling, pins and needles, numbness, redness, soreness or breakdown of skin, remove the garment immediately and contact your Occupational Therapist as soon as possible.

When do I wear my Pressure Garment?

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You can wear your garment for all activities, but it should be protected if worn in dirty/wet conditions.

Looking after your garment

- **DO NOT** cut or attempt to alter the garment.
- Hand wash in lukewarm water with a mild soap/detergent. Rinse and allow to dry naturally.
- **DO NOT** place on a radiator or in a tumble dryer as this will damage the garment.
- Loose or worn out garments do not work, therefore, contact your Occupational Therapist for a review.

If you have any other problems/queries regarding your pressure garment please contact:

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Occupational Therapist

Tel No: Ext:

Occupational Therapists

Work with people of all ages, helping them to carry out the activities they need or want to do in order to lead healthy and fulfilling lives.