

**St Margaret's**  
Hospice Care

# Lymphoedema Service

## Compression hosiery



# Introduction and guidelines

## Compression hosiery

As part of your treatment plan, you may be supplied with an item/s of compression hosiery. These may be given to you at an appointment, posted out to you, sent direct to you by the manufacturer, or you may be asked to collect it from St Margaret's Hospice, or from one of our outreach clinics.

These garments vary in price and due to their cost, **it is important that you:**

- Follow the Manufacturers washing instructions; do not use fabric conditioner and remember to let your hosiery dry naturally - not on a radiator or in a tumble dryer
- That you **do not** cut, stitch or alter your hosiery in any way.

Compression hosiery is worn to help limit the formation of lymph fluid and to provide resistance against which the muscles can pump and move the fluid more effectively. Garments may help to reduce the oedema (swelling) and maintain the reduction.

## Guidelines for wearing hosiery

You should be supplied with 2 garments. Please wear them evenly as failure to do so may give different control to the oedema.

- Apply hosiery early in the morning, wear all day and remove when you go to bed
- If you have very mild oedema you may have been advised that it is only necessary to wear your compression occasionally or for part of the day. **Please make sure that you wear it during activity.**

## Guidelines

- You can use rubber gloves to apply your hosiery; household or gardening gloves. This not only gives you a better 'grip' on the garment, but also helps to prevent it tearing or laddering.
- If you have any doubts about how to put on your garment, ask your clinician to remind you.
- Try not to apply hosiery directly after you have applied moisturising cream; this makes it 'sticky' to get on and may damage the fabric of the garment; wait at least 20 minutes if unavoidable.
- Ensure there are no creases or wrinkles. The garment should feel firm, supportive and comfortable
- **Do not fold the garment** over at the top.
- If you find your hosiery tightens during the day, think about your movements as too much activity or too much rest can increase swelling. If you do work hard, rest with the limb elevated for at least 30 minutes or if you have been resting take gentle exercise. If it continues to be too tight, please remove it and get in contact with us.
- Garments should be replaced every 6 to 12 months.
- Please contact us if it becomes worn, laddered or loose in the meantime.
- Check your skin on removal of the garment. Pay attention to any blisters or broken skin, treating appropriately. If you have any concerns please contact the team.
- If you are unfortunate to develop an infection (cellulitis) please **remove your hosiery** until you have started a course of antibiotics for up to 48 hours, then re-apply when comfortable to do so.
- **Please check the colour, warmth and sensation in your fingers/toes when wearing the hosiery. If you notice a change of colour, warmth or any new tingling, numbness, cramp, throbbing, pins and needles or pain - remove the hosiery and contact the team.**

## Hosiery received direct from the Manufacturer

We ask that all hosiery sent direct to a patient from the manufacturer is checked, on arrival, **incorrect/missing items or faults must be reported to the Lymphoedema team immediately.**

**Incorrect or faulty items cannot be rectified later.**

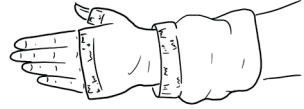
Check the parcel is intact	Yes/No
<b>Before trying on hosiery</b> check correct item(s) size and quantity are in the parcel	Yes/No
Phone the Lymphoedema Dept on: <b>01823 346950 – Taunton Clinic</b> or <b>01935 709150 – Yeovil Clinic</b> to confirm that you have received your hosiery or to report any issues or missing items.	

**Please note** if you have not received your hosiery within 6 weeks of it being ordered, please contact us on the numbers above, so that we can look into this for you.

If you fail to advise us that your hosiery has not arrived or that it is incorrect or item(s) are missing you will not be entitled to further hosiery until your next 6-month allocation, unless you agree to the cost of a replacement(s) to be invoiced to you for payment.

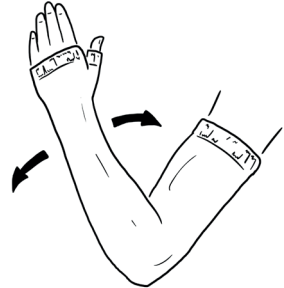
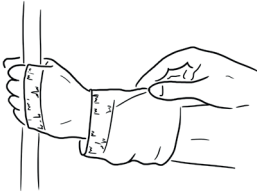
# Step by step diagrams - Arm sleeves

## Compression Sleeves and Stockings Arm Sleeves



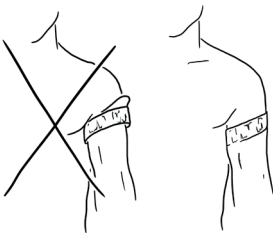
1. Invert sleeve to about half way.

2. Pull over hand.

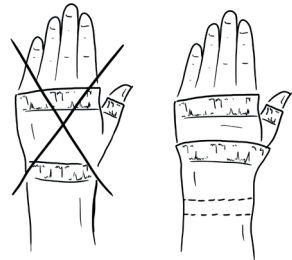


3. Hold on to something fixed (e.g. towel rail). Ease sleeve up arm, working from the bottom upwards.

4. Check that sleeve sits evenly and smoothly. It should not restrict movement.



5. Don't pull sleeve up so high that the top wrinkles over.



6. If mitten and sleeve are separate, ensure that there is a good overlap and that neither edge sits in the wrist crease.

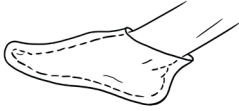
# Step by step diagrams - Leg stockings



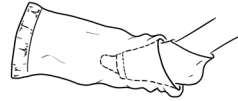
1. The basic stocking.



2. Invert stocking up to heel.



3. Place sock over foot (only supplied with some stockings).



4. Pull foot of stocking over foot.



5. Gradually ease stocking up over heel and ankle.



6. Ease rest of stocking a bit at a time up the leg. Do not pull from the top.



7. Pull out sock liner through opening at toes.



8. If this is a knee-length stocking, the top should reach the crease behind the knee - *no further*.

**Special instructions and your own notes:**

Blank area for notes and instructions.

If you have any queries, questions or problems  
please do not hesitate to call us.

**St Margaret's Hospice Care Taunton Hospice,**  
Heron Drive, Bishops Hull, Taunton, TA1 5HA

 01823 346950

**St Margaret's Hospice Care Yeovil Hospice,**  
Little Tarrat Lane, Yeovil, BA20 2HU

 01935 709150

 [somicb.lym-smh@nhs.net](mailto:somicb.lym-smh@nhs.net)

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St Margaret's Hospice Care is committed to taking your privacy seriously and protecting your personal information. If you want to know more about how we use your data go on the 'privacy statement' on our website or ask for a copy of this information via [info@st-margarets-hospice.org.uk](mailto:info@st-margarets-hospice.org.uk)

Please note all incoming and outgoing calls may be recorded for training and quality purposes.

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