

St Margaret's
Hospice Care

Lymphoedema Service

Compression hosiery



Introduction and guidelines

Compression hosiery

Compression garments are 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

- 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 stocking/sleeve occasionally or for part of the day. **Make sure that you wear it during activity** for example gardening, housework, sport
- Use rubber gloves for applying your hosiery, either latex or household 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 sleeve/stocking, ask your therapist or nurse 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
- Ensure there are no creases or wrinkles. The garment should feel firm, supportive and comfortable
- 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 lymphoedema therapist/nurse immediately**
- Do not fold the garment over at the top
- If you find your hosiery tightens during the day, think about your movements, too much activity or too much rest can increase swelling. If you do work hard, rest with 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

Guidelines continued...

- Check limb for soreness or blistering when you remove your garment. If you have any problems with your skin (e.g. breaks or injury) please contact us as it may be inadvisable to wear hosiery
- Please follow the manufacturers recommended washing instructions and remember to let your hosiery dry naturally - not on a radiator or in a tumble dryer
- Please do not cut, stitch or alter your hosiery in any way
- You should be supplied with 2 garments. Please wear them evenly as failure to do so may give different control to the oedema
- Sleeves should be replaced every 3-4 months and stockings every 6 months. Please contact us if it becomes worn, laddered or loose in the meantime
- If you are unfortunate to have an acute inflammatory episode/infection/cellulitis please **remove your hosiery** until you have completed a course of antibiotics and the infection has resolved
- If you go swimming wear our hosiery if you feel you can as you will get more benefit from the exercise. Use an older garment
- Please remember - if you have any problems or questions about your hosiery - don't forget to contact your Lymphoedema therapist/nurse

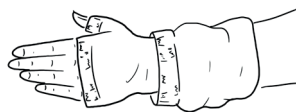
Special instructions and space for your notes

Special Instructions:

Your notes

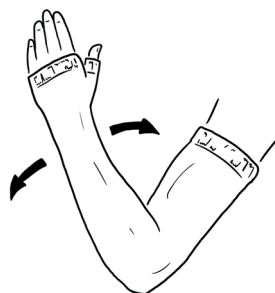
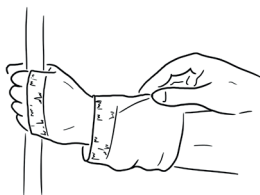
Step by step diagrams - Arm sleeves

Compression Sleeves and Stockings Arm Sleeves



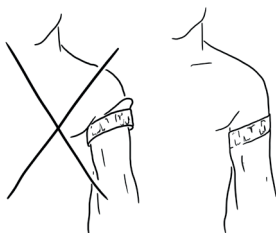
1. Invert sleeve to about half way.

2. Pull over hand.

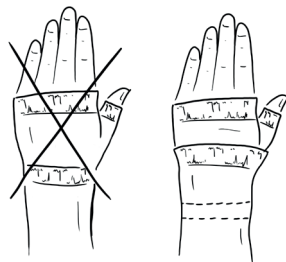


3. Hold on to something fixed (e.g. towel rail). Ease sleeve up arm, working from the bottom upwards.

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*.

Notes

If you have any queries, questions or problems please do not hesitate to call us on **01823 333822** or **01935 709480**

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

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