



Queen Victoria Hospital
NHS Foundation Trust

Pressure Garment Advice



Wear

We recommend that you wear pressure garments for most of the day, whenever practical. However, you may need to build up your tolerance to wearing them. All zips and seams are on the outside of the garment and the label identifies the individual item.

There will be times when the garment should be taken off, for example when bathing or massaging the scar. Please wash away any oily residue on the skin before putting on a garment as cream and oil can damage the garment fabric, reducing elasticity and reducing the effectiveness of the garment.

You should always wear your garment directly against your skin. Garments can be slippery so we recommend that you wear normal socks and slippers/shoes over them. When driving you should wear a leather glove over your garment or remove it. It is best to remove garments before you do anything wet or dirty, unless you can wear a protective glove over them and still function safely.

Wash

Wash the garment daily to ensure good skin hygiene and to revive the elasticity of the fabric. Close all zip or hook and loop fastener openings to avoid snagging the fabric and wash (hand or machine) with a mild liquid detergent in lukewarm (30°C) water. Rinse thoroughly. Towel dry, and then allow to dry in fresh air or tumble dry on a low heat setting. Do not use heat sources such as an iron, hot hairdryer or radiator to dry garments as heat can damage the fabric. Make sure the pressure garment is fully dry before wearing it again. If garments are cared for correctly they will last much longer.

Follow-up

We usually provide two sets of garments which must be monitored by a therapist every 2-3 months to check the fit and re-measure if necessary. Please always bring all your garments to any appointment for this to be done. They should fit like a second skin to ensure maximum benefit. You should have two good fitting garments in reasonable condition at all times so that you alternate washing and wearing evenly.

Precautions

- It is very important to regularly check your limb for any of the following: abnormal swelling; soreness or broken skin that will not heal; changes in skin colour e.g. red, blue, purple or white; abnormal sensations, e.g. 'pins and needles' or numbness; signs of pressure garment digging in or rubbing, e.g. red marks; irritations/allergic reactions or rashes. Remove your garment and contact the department on the number below if you have concerns.
- In hot weather remove pressure garment immediately if you feel you are overheating. Put it back on when possible. (The pressure garment can be cooled in a sealed bag in the fridge. This will benefit the fabric and may ease discomfort).

Please contact the department by email at qvh.pressuregarments@nhs.net if there is any damage to the garment. Do not try to alter the garment yourself unless instructed to do so.

Therapist's Name.....

Phone: 01342 414255

Please ask if you
would like this leaflet
in larger print or an
alternative format.

Physiotherapy Department

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