Teesside HOSPICE

Compression hints and tips

Compression is a vital part of lymphoedema management. It controls the amount of fluid produced by limiting excessive flow of fluid from blood capillaries into tissues as well as improving the ways our veins work. It provides firm resistance for muscles to work against, so improving lymphatic flow and encouraging fluid movement. It encourages fluid within the tissues to move towards the body where it may be able to drain more efficiently and it helps to soften hardened tissues due to its gentle massaging effect during movement.

When...



Put your compression on first thing in the morning and remove at bedtime. There are also some night garments that you may be prescribed.

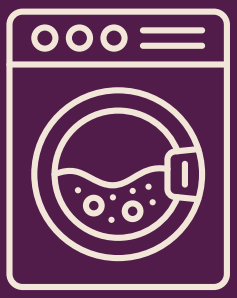
Wear...

Garments should ideally be worn during all exercise and activity.



Wash...

It is important to wash garments daily as it restores elasticity; Please follow the manufacturers instructions carefully. Most can be machine washed and some can be put in a tumble drier. But they must not be dried on direct heat such as a radiator. Non-biological washing products should be used and fabric conditioner avoided.



Warning...

Garments should not be folded over, cut or altered in any way. Damaged garments should be replaced as soon as possible.



What if I have cellulitis?

It may be too sore to wear compression garments when you have cellulitis but you should aim to get it back on as soon as you can bear it to stop swelling getting worse.

Wearing rubber gloves...



when putting garments on can help both with gripping and distributing material (ensuring comfort and efficiency).

For more information, visit www.teessidehospice.org or speak to your lymphoedema team.