



## Wearing Pressure Garments

- Wear garments for at least two hours initially and increase in two-hour increments daily.
- Garments can be worn for longer periods of time if you don't experience any discomfort.
- Monitor skin for extreme discoloration, swelling, tingling or numbness. If you notice any extreme changes, alert your MD/Occupational/Physical Therapist immediately and discontinue wearing the garments.
- Build up to wearing garments 23 hours every day; removing garments only one hour for shower/bathing and for applying lotion.
- Wear other temporary garments (i.e. tubigrip, ace wrap) when pressure garments are not being worn.
- Pressure garments are generally worn for approximately one to two years. Your doctor will advise you when you can safely discontinue wearing the garments.
- Garments may need to be periodically replaced when the garment doesn't fit due to weight gain/loss or wear and tear.
- Wear clothing over the garments to protect from sun exposure.
- Protect small blisters/wounds with a Telfa pad or non-stick gauze to prevent from sticking to garment. If large wounds (quarter size or greater) occur, check with your therapist before continuing to wear.

## Caring For Pressure Garments

- After ensuring the initial garment fits well, another set of garments may be ordered.
- Garments should be washed daily by hand with mild detergent and air-dried.
- **DO NOT** machine wash or dry.
- **DO NOT** expose material to excessive heat (as you can damage the elastic material and decrease the life of the garment).
- Garments may be wrapped in a towel to remove excess water-**BUT DO NOT WRING OUT**
- Lay garments flat and in a cool place to dry; **DO NOT** hang the garment to dry.

## Use of Lotion with Pressure Garments

- Any type of lotion may be used for scar massage and ease of donning. Lotion will not damage the garment material.
- Use small amounts of lotion several times a day instead of large amounts at one time.
- Use a thin lotion (i.e. Lubriderm) initially to prevent breakdown of skin. As skin becomes less sensitive, use Cocoa Butter Cream or Eucerin Cream.