



How to care for your compression garment

1 Not the right fit?

Don't be tempted to tamper! Folding over, cutting, or adapting your garment in any way may mean it won't work effectively. For example, folding the fabric will result in almost twice as much compression in the overlapping area, which could result in damage to your skin. If a different size or make of standard garment still doesn't fit, made to measure may be a solution.

2 Wash regularly

Cleaning your garment as recommended by the manufacturer can help it to maintain its elasticity and removes the dirt accumulated during wear. Many manufacturers recommend placing the garment into a mesh wash bag or cotton pillow case to protect the fabric during machine washing.

3 Dry

Air or machine dry your garment as recommended by the manufacturer. Keep heat low, especially if your garment has silicone components. Avoid direct sunlight as this can damage the elastic

TOP TIP

A helping hand

If you have difficulty applying or removing your compression garment, consider using an application aid. These are designed to help your garment slide more easily on and off the limb.

fibres of your garment. If air drying, lying the garment flat is best to avoid it being stretched as the water drains when hanging.

4 Wear one, wash one


Once you have found your ideal garment, it is best to have two; one that can be worn while

the other is washed and dried. This will help to prolong the elasticity of both items.

5 Beware moisturiser

Although moisturising is a key component of your skin care routine, beware its effects on your garment's elastic fibres. Use a water-based emollient and ensure it is absorbed before your garment is applied.

6 Replace

Replace your garment every six months, or sooner if it is showing signs of losing its effectiveness. A loss of elasticity, feeling looser than usual or damage such as fraying or holes all indicate its time to replace. 

Find more information on application aids and caring for your garment by visiting www.daylong.co.uk