

# A guide to taking care of your compression garment

As you wear your compression garment everyday, it pays to look after it well. Read on for advice on how to care for your garment so it stays in good shape while you do too.

## Wash it

Follow the instructions on how to care for your compression garment. Like your clothes, it needs to be kept clean, to reduce the risk of infection. Washing also maintains the compression as it is common for the elastic to stretch after it has been worn. By washing regularly, you restore its elasticity and maintain its hygiene too.

If you are hand washing your garment, use warm water, a mild

detergent and don't scrub too hard or stretch the items. Squeeze out excess water, avoiding wringing, then roll the garment in a dry towel to remove as much water as possible.

If using the washing machine, make sure the garment is put through a delicate cycle, preferably in a mesh lingerie bag to prevent snagging and to keep any smaller items from being lost. Don't use any fabric conditioner or brighteners (added to





detergent for a whitening effect) as this will reduce the elasticity.

Some manufacturers offer washing solutions formulated specially for compression garments, and these are recommended to help extend the life of your garment.

### **Dry it flat**

Do not tumble dry your garment. Turn it inside out, and air dry it, ideally on a flat surface, out of direct sunlight. Avoid direct heat sources like radiators. This will protect the elastic fibres in the garment. Excessive heat exposure may weaken or even damage the structure of the item. Don't hang the garment up to drip dry as the weight of any water may cause it to stretch.

### **Minimise contact with creams and lotions**

Creams, lotions and oils can also weaken the elastic fibres of your garment. Apply these only when there is time for them to absorb and dry completely before applying your compression.

### **Don't cut it!**

Cutting your garment will destroy

the elastic fibres and make it ineffective. If you feel you want cut your garment, it is probably because it is uncomfortable or too long. Contact your healthcare professional and ask to be remeasured for a better fit or a different style of garment.

### **Remember its birthday!**

The elastic fibres of your compression garment will deteriorate with wear. While good care will increase the lifespan of your product, it will need to be replaced about every six months if worn daily. If the garment no longer returns to its original shape after washing, has runs or holes in the material, no longer feels tight or compressive or if the garment becomes easy to put on, it should be replaced. Daylong Direct offers their RE-Mind service to notify you when your garment is ready for renewal ([www.daylong.co.uk/info/reminder-service/](http://www.daylong.co.uk/info/reminder-service/)).

### **Keep a spare**

Ideally, have one garment to wear and one to wash, so that after cleaning, the fibres have time to relax and regain their shape before the next wearing. ▶