



Problems with your hosiery and how to solve them

Your hosiery should fit like a glove. It should be comfortable enough to wear while creating the perfect pressure to treat your condition. Here we describe some common hosiery problems and explain what you need to do to overcome them.

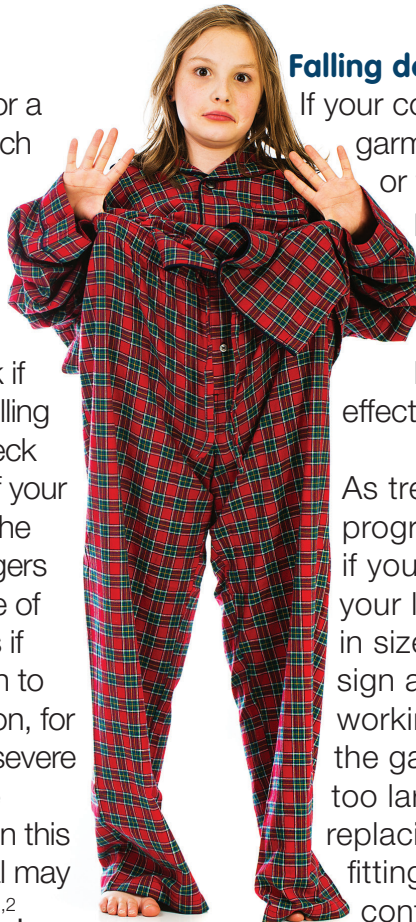
Rolling down

Rolling can happen for a variety of reasons, such as the garment is the wrong size, or the placement of the top band is not in the correct position on your leg. To check if this is the cause of rolling for your garment, check the measurements of your limb and make sure the top band sits two fingers width from the crease of the knee. Sometimes if the material is too thin to manage your condition, for example if you have severe swelling, rolling of the garment may occur. In this case, a stiffer material may be more appropriate^{1,2}.

Falling down

If your compression garment regularly slips or falls down, then it probably too big for you. Unfortunately, a garment that is too large for your limb won't deliver effective compression.

As treatment progresses, especially if you had any swelling, your limb may reduce in size. This is a good sign as the treatment is working, but may mean the garment is slightly too large, and will need replacing with a better fitting garment to continue working^{1,2}. If



you have had your garment for 3–6 months or longer, it may be near the end of its shelf-life. It will become less elastic, and will need replacing.

Too tight

Your compression hosiery should feel supportive all over rather than tight in a particular place. When using compression hosiery for the first time, it should feel tight enough to be effective, but should not cut in, restrict blood flow, or cause damage to your skin. If you have any concerns regarding tightness, you should be remeasured by your healthcare professional to ensure your garment fits perfectly.

Wrinkling at the ankle

Wrinkling can occur because your garment does not fit properly. It could be too long for your limb, resulting in gathering of material at the ankle. It could also be because it is reaching the end of its shelf life and is less elastic. In this case, check the age of your garment, and remeasure (especially leg length) to check fit¹.

Cutting in behind the knee

Cutting in can occur because the top band is over stretched, and the placement may not be correct. Check the top band sits two fingers width from the crease of the knee².

Skin irritation

There may be several reasons why skin irritation or damage occur:

- Your garment may be the wrong size and is causing friction or pressure
- Trauma from application or removal, especially if you have fragile skin
- You may have a skin allergy or irritation due to a component of the garment
- Irritation around the toes can be caused by a bunion or crowded or deformed toes
- If irritation occurs on the front of the shin, it may be because the bone is sharp and raised.

These issues could be resolved by remeasuring and fitting, learning about application and removal techniques or use of aids, and checking on skin health¹. Made to measure garments are also available for a perfect fit for you. ➤



Meet Didi

Didi is an athlete and had always dreamed of becoming a model ever since she was a child. But when lymphoedema developed in her left leg at the age of 12, she felt like it could be an obstacle in pursuing her dreams. However, Didi refused to let it hold her down and pushed herself to achieve more than she thought possible. Read her story below.*

Didi Won't Let Lymphoedema Hold Her Down

It took doctors a while to make the right diagnosis. When Didi finally learned that she had been living with lymphoedema, she thought she would have to give up on her modeling dreams. But her determination to succeed overcame her self-doubt. Today, she is a successful athlete, a professional model and a vocal advocate for lymphoedema awareness, particularly amongst young people. *"If other people know that there's a young person out there showing that they can live their life and not let their condition stop them, then they will do the same and then they can achieve whatever goals or dreams they want to have."*

Didi is wearing **JOBST Elvarex Soft**

For more information on JOBST Elvarex, please visit our website: www.jobst.co.uk