



# Why it's important to update your compression garment

If you wear compression to manage a condition of your lower limb, you may not realise it will become less effective over time. Here we explain why and what to do about it.

If you have been prescribed a compression garment by a healthcare professional, it is important to wear it. Compression provides treatment of the underlying condition — venous and/or lymphatic disease — that is resulting in symptoms on your limbs, such as swelling, skin changes, or ulceration.

When you wear your garment it puts pressure on the limb which results in the fluid and blood being gently squeezed and returned to the circulation. This helps to promote healing and reduces swelling.

To do this, the garment contains elastic fibres which provide pressure, but with time these become less elastic. Manufacturers test

their garments and know that the elasticity reduces after three to six months of wear. If your garment is older than this, or becomes damaged in any way, it may mean it is no longer delivering the right amount of compression for your condition, and could result in your symptoms returning and worsening of your limb health. For example, skin changes may occur with time, swelling may begin to return, and healed skin may breakdown into an ulcer again.

It is important to follow recommendations from the manufacturer of your compression garment and to ensure your compression prescription is updated every three to six months, depending

on the manufacturer and their recommended hosiery replacement prescription guidelines.

Compression garments are usually guaranteed for either 100 washes, 6 months or 12 months. Therefore, it is important that you obtain your new

replacement garments before the recommended renewal time.

If you have difficulty keeping track of when your garment is due for renewal, there are reminder services available. For example, if your garment was dispensed by Daylong Direct, a free RE-Mind Daylong Prescription Service is available. They will email you one month before your garment needs to be replaced, and will advise about your previous product, and provide the necessary information required for your healthcare professional to raise a new prescription.

It is also important to have your healthcare professional assess your overall and limb health at this point, to make sure your new compression garment will still meet your needs. ▶

