



Improve your compression experience: points to consider

To get the best out of your compression, it needs to fit and work well, be comfortable to wear and acceptable from a style point of view. It should also be convenient and easy to order a new garment. Here we list some key points that might help to improve your compression experience.

The right amount of compression for your garment

Make sure your garment is delivering the correct 'dose' or amount of compression needed to manage your condition effectively. While thinner more elastic garments are fine to prevent recurrence, reduce mild oedema or heal ulceration, more severe skin changes and severe swelling may need a firmer, stiffer fabric to make an impact. If you feel your garment isn't working for you, e.g. your swelling is getting worse, or if you have been using the same hosiery and haven't been



reassessed in the last 6 months, visit your healthcare professional (HCP) to have an assessment to check that there hasn't been any change in your general health that means it is also time to change your compression therapy.

Application matters

Make sure you (or your caregiver) know how to put on your compression correctly. Consider using an application aid or one or more of the techniques that can help to make daily application and removal easier (see p.14–20).

Size matters

Your garment should not be impossible to apply. If this is the case, you may have a garment that is too small for your limb.

Equally, your compression hosiery should not be so loose that it has wrinkles or falls down, or so tight that it restricts your blood flow. This can cause pins and needles for example, or cut into and make marks on your skin, which can be a sign of skin damage. If it is too long, it shouldn't be folded or cut. If any of these things apply to you, it is time to be remeasured and the

fit checked by a HCP, to confirm you are using the correct size and garment type.

Get the look you like

If you don't like the look of your compression hosiery don't give up on wearing it all together. Consider one of the many designs and colours now available. Read about the options available on p.10–12.

Get a new prescription

Compression hosiery and wraps need to be replaced regularly (every 3, 6, or 12 months) based on the manufacturer's recommendations. When its time for renewal, you should always see your HCP first to double check your prescription is still right for you. Now is the time to raise any concerns you might have about your current product, or to mention if you would prefer something different.

Use a convenient free delivery service

If you experience delays waiting to collect your new garment from your local pharmacy, consider using an expert delivery service such as Daylong Direct. You can read more about their free service on p.28–9. ➤