



How to care for your compression garment

Whatever type of garment you use, all compression items work best if they are looked after carefully. We give you some tips to keep your garment working well and help it to last as long as possible.



Looking after your compression garment is really important to help make sure it is working properly and supporting your circulation. Here are some tips to help it last as long as possible and work well.

Washing your garment

All compression garments have specific washing instructions – read these carefully and follow their advice. Washing your garment reduces the chance of you developing an infection, and helps maintain

your garment's elasticity and shape after you have worn it. You can wash it by hand or on a delicate machine cycle.

If you wash the garment by hand, use warm water and a mild liquid detergent. Don't squeeze or wring it too hard after you have washed it, as this can damage the fibres, but roll it in a dry towel to remove as much water as possible. If you wash it in the machine, use a delicate cycle (no more than 40°C) and put it in a mesh lingerie bag

to protect it. Don't use any fabric conditioner or brighteners as these can damage the elasticity.

Some manufacturers offer washing solutions created specially to use with their garments – if these are recommended for your garment, it is a good idea to use them to help it last longer.

Drying your garment

Compression garments should not be dried on radiators or in direct heat as this can damage their structure. Some compression garments can be tumble dried on a low temperature – check the label or the instructions to see if this is possible. If you are not sure, it is better not to risk it. Once washed, garments should be laid flat (rather than hung, as the weight of the wet garment can stretch them) and air dried, out of direct sunlight.

Minimise creams and lotions

Using creams, oils or lotions on your skin can weaken the fibres of the garment, and make it harder for any silicone bands to keep the garment in place. Leave plenty of time for creams or lotions to be absorbed into your skin and dry completely before putting on your compression.

Don't cut it

Your compression garment has been carefully made to the exact size. If it feels uncomfortable or too long, ask your healthcare professional to remeasure you or prescribe you a different garment. If you cut any garment, this will destroy the elasticity and it won't work.

Remember its birthday

This might sound silly, but no matter how carefully you look after your garment, it will stretch over time and the elasticity will reduce. If the garment doesn't return to its original shape when you have washed it, has runs or holes in the material, no longer feels tight or compressive or becomes easy to put on, it won't be able to provide the strength of compression that you need.

If you wear a garment daily, it will need replacing about every 6 months. Your supplier may have a reminder service that you can sign up to, so you don't have to remember to reorder it.

Have a spare

If possible, having a spare garment will allow the one you have just washed to return to its original shape, while you wear the spare one. 