



Ready for a change? Renew your compression regularly

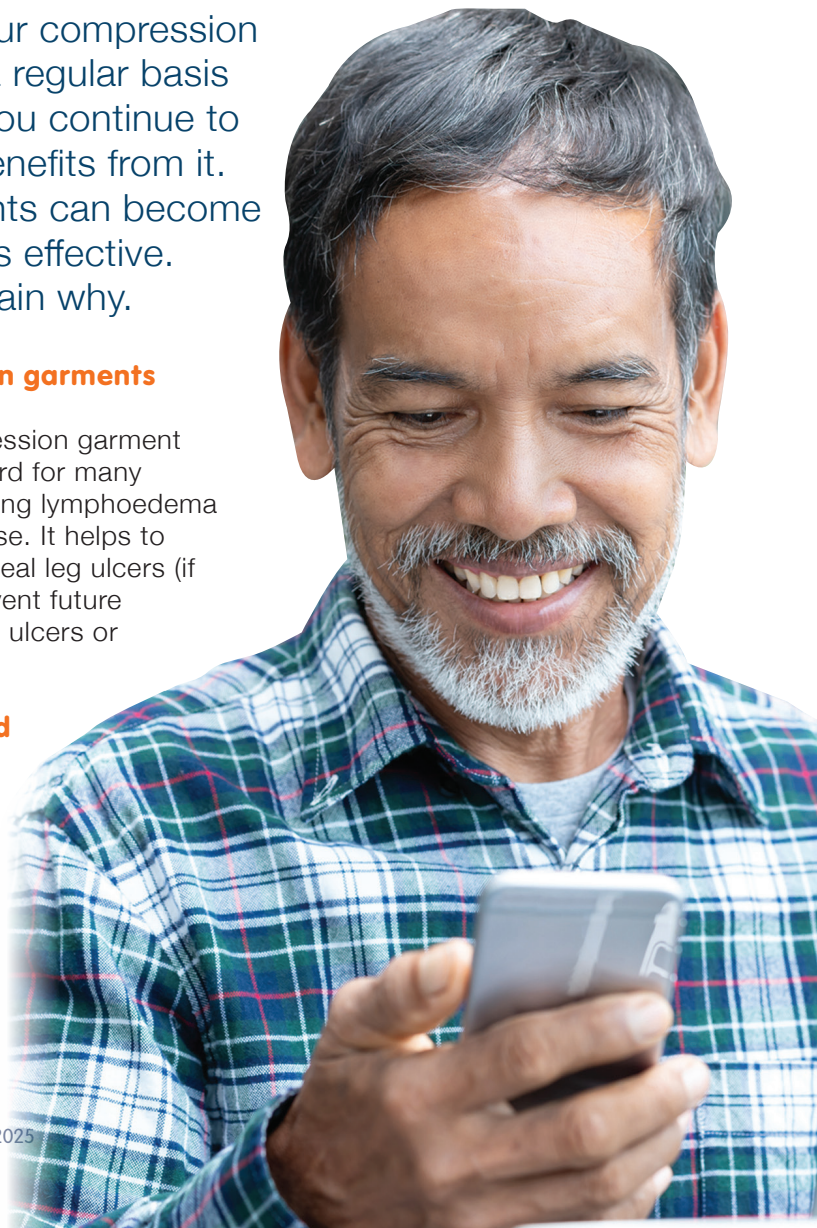
Replacing your compression garment on a regular basis means that you continue to get the full benefits from it. Older garments can become worn and less effective. Here we explain why.

Why compression garments matter

Wearing a compression garment is the gold standard for many conditions, including lymphoedema and venous disease. It helps to reduce swelling, heal leg ulcers (if present), and prevent future problems like new ulcers or ongoing swelling.

Why do you need to replace your garment?

With time, your compression garment may begin to feel more comfortable and worn than when you first got it. Unfortunately,





this may mean it is not being as effective as it could be to manage your condition.

Even with the best care, compression garments naturally stretch over time and lose their elasticity. When this happens, they become too loose to provide the right level of support for your limb. Without proper compression, your circulation can suffer—leading to increased swelling or even a leg ulcer.

This is why your garment should be regularly replaced to make sure it continues to provide the correct level of support.

How often should my compression garment be replaced?

How long your compression garment lasts depends on the brand. Ideally, you should have two or three garments on rotation, so you can wear one while washing another.

Some garments need replacing every 3 months, while others can last up to 6 months. Your healthcare professional will let you know how often you need to renew yours to make sure it keeps working properly.

Sometimes your compression garment may need to be checked or replaced earlier than planned.

Get in touch with your healthcare professional if:

- Your leg shape has changed – it feels like the garment is too tight or too loose or is digging in causing pain
- You see holes or signs of wear in the garment
- You have new symptoms such as pins and needles or pain in your leg or foot
- You develop a new wound on your leg or foot
- Your overall health improves or declines in a way that may impact on the type of compression you need.

If any of these happen to you, don't wait—getting your compression checked early can help prevent further problems.

Reminder renewal service

To make sure you don't forget when your compression garment is ready for an update, you can use a free service such as Daylong Re-Mind. This will remind you in advance of when your garment is up for renewal and prompt you to

contact your GP to request a new prescription, so you are all ready when it is time to renew. ➡