

# Pressure Garments

## Patient Information

Upper Limb Unit, Wrightington Hospital.



The Patient Information Leaflets page on the Trust website is available on the link:  
<https://www.wvl.nhs.uk/patient-information-leaflets> or scan the QR code.

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## Pressure garments

**Your pressure garment is a:**

Hand based glove with fingers

Hand and forearm glove

Other: .....

**It has been made for your:**

Right hand / arm

Left hand / arm

**Your pressure garment has been made for:**

Swelling reduction

Scar management

Other: .....

.....  
.....

## Wearing your pressure garment

**Please note:** The seams of your garment are intended to be worn on the outside and should not be reversed.



Wearing your garment must be a gradual process. It is recommended you build up your tolerance to the garment by extending its wear by one hour each day. When the garment can be tolerated for over four hours it can be worn continuously throughout the day or night, as advised by your therapist.

A silicone mould or gel sheet may sometimes be used to enhance the fit and effectiveness of your pressure garment.



## Wearing schedule

Your garment should be worn:

.....

## Special instructions

Your garment should be removed ..... times per day for:

- Monitoring the skin
- Skin hygiene
- Exercise
- Change of splint

## Monitoring your skin

Check your skin daily for signs of excess pressure or irritation. Remove your garment and contact your therapist if you have any concerns about this.

## Washing instructions

Your garment is made from Lycra and should be hand washed only with lukewarm water and a mild soap. Dry the garment away from direct heat.

Your garment should **not** be:

- Machine washed
- Tumble dried
- Ironed
- Dry cleaned
- Placed on a radiator

Your silicone mould / gel sheet should be rinsed each day to prevent a build-up of bacteria and moisture. When not in use, place it in a plastic bag to keep it clean.

If you experience any problems, please contact:

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Wrightington Therapy Department

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08:00-16:30 Monday to Friday

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08:00-16:30 Monday to Friday

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust  
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Wigan Lane  
Wigan  
WN1 2NN

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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

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This leaflet is also available in audio, large print, Braille, and other languages upon request.

For more information, please ask in the department/ward.

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