Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Pressure Garments

Version number: **7**
Last modified date: **12th November 2026**

Pressure Garments

Patient Information

Upper Limb Unit, Wrightington Hospital

- Author ID: CF
- Leaflet ref: UL 011
- Version: 7
- Leaflet title: Pressure Garments
- Last review: June 2025
- Expiry Date: June 2027

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 .....……

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:

Wrightington Therapy Department
01257 488272
wwl-tr.therapyadmin@nhs.net
08:00-16:30 Monday to Friday

Leigh Health Centre Therapy Department
0300 707 1597
wwl-tr.leighphysio@nhs.net
08:00-16:30 Monday to Friday

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0300 707 1113
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08:00-16:30 Monday to Friday



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