Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Advice about using Oedema Gloves

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

Advice about Using Oedema Gloves

Patient Information

Occupational Therapy Department

- Author ID: PCR
- Leaflet ref: OT 007
- Leaflet title: Advice about using Oedema Gloves
- Version: 7
- Last review: May 2024
- Expiry Date: May 2026

You have been provided with oedema glove(s) for your:

.....

When to use the gloves

Your oedema glove(s) are designed to support the finger and thumb joints if you are experiencing pain and/or swelling. You should wear your glove(s):

- During daily activities
- At rest/night

Exercises

If you are wearing your glove(s) during the daytime, you are advised to remove the glove(s) every 2 hours and gently move your thumb/fingers as shown by the Occupational Therapist. If you are wearing your glove(s) at rest/night, again carry out gentle hand exercises each morning when you get up.

Driving

You are advised not to wear your gloves whilst driving.

Please check the following each time you use your glove(s):

Your skin

It is important that you check your skin regularly for signs of pressure, irritation, changes in sensation or skin colour. When you first start to wear your glove(s), it is advisable to remove them every 30 minutes, gradually building up your tolerance to wearing them to a maximum of 2 hours at a time. At this point remove the gloves for at least 30 minutes. If you notice any skin changes, please remove the glove(s) and stop using them immediately and contact the Occupational Therapy Department for advice.

The fit of your glove(s)

Your gloves should always fit well if there are any changes in the fit, remove immediately. If your gloves are not fitting correctly and you are still under the care of a Rheumatology Consultant, we will reassess your need for the glove(s). Contact the Occupational Therapy Department to arrange this.

If you are no longer under the care of a Rheumatology Consultant please contact the Occupational Therapy Department to discuss your specific needs and we will advise accordingly.

Cleaning your glove(s)

Your glove(s) may be hand washed in lukewarm water and soap. Please dry away from direct heat.

Replacement of your glove(s)

Following the provision of the gloves by the Occupational Therapist you will be provided with information to allow for private purchase if they are going to be required in the longer term.

Contact Information

Your Occupational Therapist is: .....

Occupational Therapy: 01257 258272

Occupational Therapy Department

Wrightington Hospital

Hall Lane

Appley Bridge

Wigan

WN6 9EP



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