

Pressure Garments

Information for children, parents and carers

What is a pressure garment?

A pressure garment is a tight piece of clothing made to your measurements, which provides constant pressure over an area of your body. They can be used to help relieve some symptoms of lymphodema, vascular malformations, or help scars mature. Some scars can become raised, itchy, red, or even grow bigger (called hypertrophic scarring): pressure on healing scars can help collagen fibres in the scar stay flat and reduce the risk of this getting worse.



Getting a pressure garment:



A physiotherapist will take very specific measurements of your body, and you get to pick the pattern!

We send off all this information to the central manufacturing company JobSkin ©, who then make you a wholly unique garment and send it back to us. Sometimes this can take a few weeks.

Some people may need some special additions to their garments: pockets for splints, foam inserts, reinforced areas etc. Your physiotherapist will discuss with you if you need any of these.

When you get your pressure garment we will go through how you put this on, and how to build up use. Typically you can start wearing it for an hour or so and then take it off. As it is tight, it may leave some marks, but these should fade after 20 minutes. If you were comfortable in this, then start wearing it for longer periods until you are wearing it as you should.

Different people will need to wear their garments for different lengths of time in the day. Your physiotherapist can write below if you have any special instructions:

Wearing and caring for your pressure garment

Having a pressure garment may feel strange to start: they are tight! We will make sure it is not too tight, but please do take your garment **off** if you feel any of the below symptoms:

- Increased soreness or breakdown of skin
- Change in circulation such as blueness or swelling
- Weird sensations or pins and needles
- Markings do **not** fade after 20 minutes.

Pressure garments should ideally be hand washed as then they will last longer. Only air-dry your garment flat, away from heat. If you use a biological detergent, put in the tumble dryer, or use a radiator/iron then this can break the elastic in the garment and it will no longer work. We will give you **two** garments, so you can always wear one whilst the other is in being washed.

What happens if the pressure garment is too small, or breaks?

Please ring the physiotherapy department on the number below. The lovely admin team will let your physiotherapist know and we will be in contact.

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50 Little France Crescent
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