

The Advice Line Service: 01744 646454

We have an answer phone service in the Rheumatology Department if you require any advice or need to change your therapy appointment.

Remember to speak slowly and clearly state the name of the person who the message is for.

Leave your name, hospital number and contact number.

When will we call you back?

If you call the Advice Line Monday - Friday we will attempt to call you back on 2 occasions within 2 working days.

The advice line is not open at weekends or bank holidays and is not for medical emergencies.

St Helens Hospital
Marshall Cross Road,
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Telephone: 01744 26633



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St Helens and Knowsley
Teaching Hospitals
NHS Trust

Compression Gloves

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Description

These gloves are made of a combination of nylon and spandex material that stretches to provide gentle pressure. This may ease the pain, swelling and stiffness due to arthritis.

Use of gloves

- The glove(s) should feel snug but not too tight (i.e. it feels comfortable)
- Gloves should be worn with the seams on the outside
- Use for short periods during the day initially to get used to them
- Do not wear the gloves continuously for 24 hours a day
- Remove gloves for hand hygiene purposes and make sure hands are washed and dried thoroughly
- Gloves can be worn all night

The gloves should only be worn on the hand(s) prescribed as stated below:

- During daily activities
- At night

Caution

Stop using the gloves and contact the therapist if you experience any of the following effects:

- Numbness
- Pins and needles
- Compression that is too tight. Remove the glove if the fingertip becomes discoloured (i.e. it goes red, white or blue) or if you experience numbness or tingling in the tip of the finger
- Allergic reaction
- Irritation to skin
- The gloves should not disturb your sleep, if they do then remove them

Cleaning

Machine wash on a cold delicate cycle or hand wash using non-bio detergent. Do not use fabric conditioner. Lie flat to dry. **Do not** tumble dry or dry on direct heat (e.g. a radiator).

Driving

Compression gloves have a slippery surface which can affect gripping the steering wheel. If you do wear them when driving, you must feel confident that you can safely control the vehicle.

Discuss with your doctor if necessary.

You should inform your insurance company if you are wearing the gloves for driving. This should not affect your insurance payments.