

Remember

Remove the pressure garment and contact the therapy department for advice as soon as possible if:

- You notice swelling, “pins and needles”, change of colour (going blue) in hand(s), feet or tips of fingers
- Soreness or broken skin
- Redness of the skin
- There is damage to the garments

Remove and do not cut or alter in any way

Follow up

You will be provided with one garment initially. Please contact the pressure garment team and leave a message to:

- Request a further set of garments if you are not having any problems with the garment
- Request advice if there is a problem with the garment

The following information will be required on the answer machine:

- Your name
- Your date of birth
- Your address
- Your telephone number
- Therapists name (if known)
- Message

Telephone number: **0151 430 1014**

Pressure Garment Makers: **Pam Gore/Sandra Welsby**

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**Mersey and West Lancashire
Teaching Hospitals**
NHS Trust

Pressure Garments Patient Information Leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتيسيق سهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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What happens to damaged skin?

Normally skin is smooth, the different layers work to put a pressure on the lower layers of skin to keep the skin flat. Damage to the skin may cause this pressure to be lost and the layers of skin may begin to overgrow which is known as hypertrophic scarring.

If the skin is damaged, it may not function in its normal way, the skin can then form red, lumpy scars. As a result of the healing there will be an increased blood supply to the area, this increased blood supply may encourage further scarring.

Scars can limit movement if they are over joints, possibly causing contractures and deformities.

Reducing the blood supply can encourage scars to become paler, softer and flatter.

How will pressure garments help?

Pressure garments can help by replacing the lost pressure of the damaged skin. They flatten and make the scar paler, by reducing blood flow. Increased blood supply to the area may also cause scars to itch; pressure garments may therefore also help reduce itching.

Scar Massage

Healed scars tend to be dry and flaky due to damaged oil glands. It is very important that the areas are moisturised several times per day, particularly over joints and tight areas.

The action of massaging the scar can help to break up the scar tissue fibres causing the lumpy scarring. As the scar can be sensitive, it is recommended that any creams used on the skin are monitored carefully.

If any reactions occur including increased itching, redness or blistering you should contact your therapist who will give you advice.

Some recommended creams:

- Cetraben
- E45 cream

Washing

Pressure garments should be washed every day. They can be washed by hand or at 40° in a washing machine using a mild soap or powder.

The garment should be left to dry naturally. Heat from a radiator or tumble dryer can damage the elastic properties of the pressure garment.

Wear instructions

In order for the pressure garments to be effective they should be worn for 23 hours per day.

They should be worn directly against the skin unless you have been told otherwise. Seams should go on the outside of the garment.

They should be removed for massaging of scars and for washing of the skin. It may take up to two years for the scarring to mature.

The properties of the pressure garment material are likely to last around three months, so you will be reviewed at these intervals. If necessary you will be re-measured and provided with more garments.