



## COMPRESSION GARMENTS

Thanks for choosing *Fittings By Michele* for your compression garment needs. Wearing compression garments may help to improve and prevent medical conditions associated with untreated lymphedema or vascular disorders.

Whether you are receiving an off-the-shelf garment or a custom-made garment, they are both designed to have a gradient compression to help blood and lymph fluid return to the heart. It is important that you be measured properly for your initial garment and anytime there is a change in weight, the size of the affected extremity or your condition.

- ***If wearing the compression garment temporarily for prevention of lymphedema***, as in the case of airline travel, the garment should be put on at least one hour before leaving for the flight and remain on for at least one hour after arriving at your final destination.
- ***If wearing the compression garment for a current medical condition***, it should be applied when you first get up and worn throughout the day while moving around. Most compression garments are to be removed for sleep, unless you have been otherwise instructed by your physician or therapist. Special nighttime garments are available, if needed.
- The fitter will instruct you on the application of the garment. Using rubber gloves will give you a better grip and help prevent snagging the material. For leg stockings, keep your feet free of calluses. Ask about our ***Arbonne Herbal Foot Cream and Sea Salt Scrub***. We offer several donning devices to make applying the garments much easier.
- If the garment begins to roll down from the top, you may need a larger size or a custom garment. If the garment slides with activity, you may want to order the next garment with a silicone band or use ***It Stays*** roll-on adhesive. It may also be time to replace the garment.
- ***IT IS VERY IMPORTANT TO WASH GARMENTS AFTER EACH WEAR.*** Hand or Machine Wash on the gentle cycle only, using lukewarm water and a mild fabric soap (not a detergent). We offer *Tru-Kleen Wash* or *Amoena Delicates Wash* designed to cleanse elasticized garments thoroughly and safely.
- Air-dry and let the garment rest for 24 hours before wearing it again. This allows the fibers, which stretch during wear, to return to their original shape and will increase the life of the garment. A dryer damages the spandex fibers and shortens the life of compression garments.
- For proper fit and support, it is recommended to have at least 2 sets (one to wear and one to wash). The expected life of 2 sets with daily wear is three to five months. Compression garments should be replaced whenever they start to lose elasticity.
- Lymphedema and vascular conditions often compromise the integrity of the skin. Compression garments will wick moisture from the skin. Good skin care – cleansing and moisturizing daily – is important to keep your skin healthy. Avoid products that contain mineral oil, petrolatum, animal by-products, artificial dyes and fragrances as these can further dry out and irritate the skin. Massaging the skin on a daily basis with a good botanical moisturizer can help to improve lymphedema and circulation. ***Ask for samples of our botanically based products to moisturize and nourish the skin.***

Visit the Resource Page at [www.fittingsbymichele.com](http://www.fittingsbymichele.com) to read more about lymphedema, nutrition and skin care.