

## Information Sheet

# You and your compression sleeve

## Why you have a compression sleeve

Your sleeve can prevent or reduce swelling (oedema) in your arm.

A swollen arm can become larger & heavier and you are at risk of serious infection.

Wear your sleeve everyday. Put it on immediately after your morning shower.

Do not wear your sleeve in bed at night unless advised to do so by your nurse.



## Caring for your skin

*Your arm is at high risk of infection.*

To prevent this:

- Keep your arm clean and dry.
- Use lotion daily to keep skin soft and smooth. Aqueous cream works well. Avoid highly perfumed creams. It is best to use cream when you take off your sleeve; if used immediately before donning, it is more difficult to ease the sleeve on.

- Check carefully for any sore or red areas. Report these to your nurse.
- Be careful that your sleeve does not bunch up and dig into your skin causing pressure.

## Putting on your sleeve

Wearing a rubber glove on the hand you use to apply the sleeve will help you get a more even spread of the material

1. Turn the sleeve back on itself so the hand and/or the lower part of the sleeve is hidden inside the sleeve.
2. Push your hand down through the top opening, and ease the sleeve up the arm until the hand is in the right position.
3. Now grasp a firm support (e.g. chair or door handle) so you can gradually work the rest of the sleeve up your arm and into the right position. Move your arm through different positions to ensure that you can move your arm comfortably.

*If there are elbow marks on the sleeve ensure these line up with your elbow.*

## Caring for your sleeve

- Wash your sleeve every day.
- Wash in warm water, by hand or this can be done in a bag in the washing machine if the temperature is not above 40°C.
- Towel dry and hang to dry.
- This will usually dry over night.
- Do not put in a clothes drier or over heat.