

Lymphoedema Hosiery Key Points



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Scan the QR code to view the Lymphoedema page on the Sirona website

Information for Patients Wearing Compression Hosiery

This leaflet provides information on wearing and caring for your compression hosiery, which was prescribed by your Lymphoedema Nurse Specialist.

Signs to watch out for

While we hope you won't experience any issues, here are some signs that might require you to contact the team:

- Changes in feeling: Numbness, tingling, or other altered sensations in your toes, fingers, hands, or feet (depending on the hosiery).
- Slipping hosiery: If your garment slips down your arm or leg.
- Tightness: If the hosiery cuts in at your wrist, elbow, ankle, or knee.
- Skin irritation: Rash, itching, or redness on your skin.
- Increased swelling: If your hand, foot, fingers, or toes become more swollen.
- Application difficulties: If you consistently have trouble putting on your hosiery.

Wearing and caring for your hosiery

- Put on your hosiery each morning and take it off each evening.
- Don't use lotion or powder before putting on your hosiery.
- Shower or bathe in the evening and apply lotion after removing your hosiery.
- Wash your hosiery at least every other day, following the manufacturer's instructions.
- Avoid fabric conditioner, tumble drying, and boiling your garments.
- Use any application aids provided to help put on and remove your hosiery.

If you experience any of the signs listed above, even though you've followed these instructions, please contact the Sirona Lymphoedema Team. A nurse will be happy to assist you.

Contact Us

If you have any questions or problems with your hosiery, please contact the Sirona Lymphoedema Team:

We want you and the people who help you to understand what we send. If you need help with this letter or leaflet please tell us.



You can phone us on 01275 547573 or email us at sirona.lymphoedemateam@nhs.net

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