

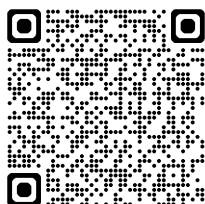
Lymphoedema Hosiery



Information for Patients Wearing Compression Hosiery

Telephone: 01275 547573

Email: sirona.lymphoedemateam@nhs.net



**Scan this QR code to view our page on the
Sirona website**

You have been issued with hosiery from your Lymphoedema Nurse Specialist. Although we do not anticipate you having any problems, we have as a service identified issues which may cause you concern and lead you to contact the service.

These would be:

- Altered sensation at your extremities, eg. toes/fingers (depending on hosiery)
- Any slippage of your garment, either down the leg or down the arm
- Any cutting in at the wrist, elbow, ankle or knee (depending on your garment)
- Any skin sensitivities, eg. Rash, itching or redness
- Any increased swelling extremities, hand or foot, fingers or toes
- If continually finding difficulties to apply hosiery appropriately

Application/care of hosiery:

- Hosiery is to be applied each morning and removed each evening
- Do not apply cream or talcum powder prior to applying hosiery
- Ideally shower/bath and apply cream in the evening after removing hosiery
- Launder hosiery at least every two days, according to manufacturer's instructions
- Do not use fabric conditioner, tumble dry or boil wash your garments
- Use any application aids issued to aid applying and removing hosiery
- Should you identify any of the above problems despite caring for your limb and the product as detailed above, please contact the above phone number and one of the Lymphoedema Nurses will respond appropriately.

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.

We can help with larger print, audio (a message to listen to), Easy read, British Sign Language or this information in another language. Please contact this service.



You can phone us on 01275 54757 or email us at sirona.lymphoedemateam@nhs.net

Please scan the QR code to listen to an audio version of this statement

Date of creation: 05/2026 Date for review: 05/2028 URN: 0

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