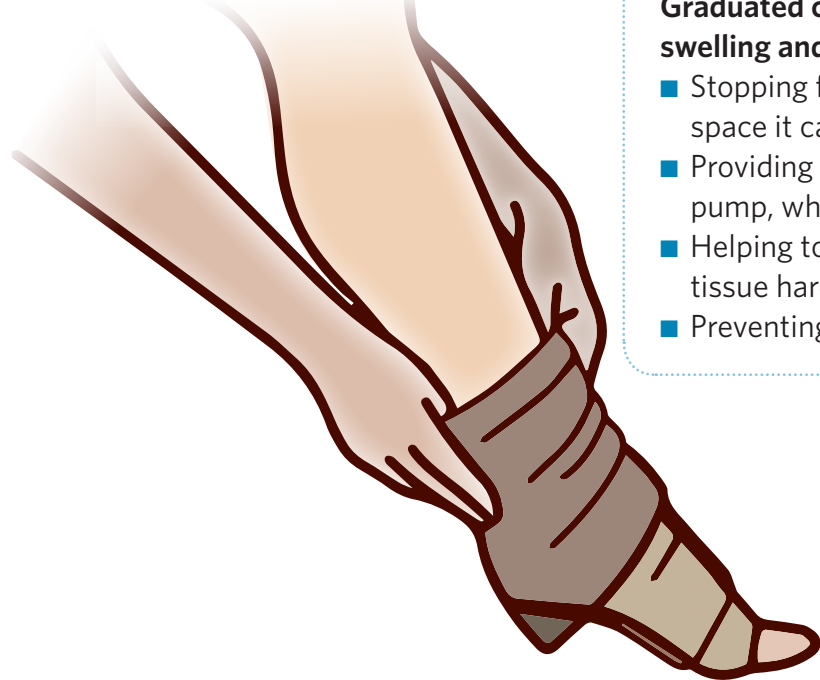




# Looking after your swollen limb

## Why do I have a swelling?

You have a swelling due to damage in your lymphatic or vascular system. Swelling occurs when lymph fluid builds up in the body's tissues. After at least 3 months, the swelling may be called **chronic oedema**.



## How do I stop my swelling getting worse?

Treatment for chronic swelling includes:

- Skin care
- Exercise
- Movement
- Compression

Wearing a compression garment for as long as possible every day is an essential part of successful treatment.

## How do compression garments work?

Graduated compression garments control your swelling and could improve it, by:

- Stopping fluid building up by limiting the space it can drain into
- Providing resistance for your calf muscle pump, which encourages fluid drainage
- Helping to prevent skin changes such as tissue hardening
- Preventing recurrence of leg ulcers

## JOBST® Elvarex® Custom-Fit

You have been measured and prescribed a JOBST Elvarex compression garment to manage your swelling. This custom-fit, bespoke garment is manufactured to your measurements. It should always feel comfortable, firm and supportive. For prescription orders, you need an order form with your measurements and a prescription form. With regular use, your garment wears out after six months. Therefore, the recommendation is for two garments every six months, although you may need to be remeasured.

# Looking after your swollen limb



## Working with your clinician

clinician's contact number

Your JOBST Elvarex should be firm-fitting and comfortable, but never tight or painful. If you notice any tingling, pain or numbness, or if you think you are developing an infection, remove your garment and contact your nurse immediately.



[www.bsnmedical.co.uk](http://www.bsnmedical.co.uk)

Do you have any questions for your clinician?







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## TOP TIPS

-  Gently wash and dry your skin and moisturise daily at bedtime (to avoid damaging your garment)
-  Avoid infection risks such as: scratches, cuts and grazes, insect or flea bites, or fungal nail infections (i.e. athlete's foot)
-  Avoid temperature extremes, which can stress the lymphatic system and worsen your swelling
-  Avoid wearing tight clothing that may constrict your swelling
-  Eat healthily, move regularly and use the affected limb as much as possible
-  Attend regular check-ups and report any problems with your garment (i.e. if it is too tight or not staying in place)

### Applying your JOBST Elvarex garment

- Turn the garment inside out (e.g. for lower limb garments, turn to the heel)
  - Use household rubber or cotton gardening gloves to help with positioning and to smooth out creases
  - Avoid wearing jewellery or digging nails into the knitted fabric
  - Avoid overstretching the fabric or folding over the top of the garment
- For more details, refer to the application instructions provided with the garment

### Wearing your JOBST Elvarex garment

- Apply your garment each morning and wear it all day, especially when exercising, then remove it before going to bed
- You may wish to readjust your garment during the day - the material should always be evenly distributed
- Do not wear your garment to bed, unless instructed by your nurse

### Caring for your JOBST Elvarex garment

Machine wash your garment at 40 degrees using mild detergent on a gentle cycle. You have been provided two garments to allow for daily washing



Do not tumble dry, use fabric softeners, dry on the radiator or leave it in direct sunlight



After washing, lay it on a thick towel, roll up and squeeze to remove excess water



This material is for informational purposes only. It does not replace the advice of a healthcare professional

For more information contact the Lymphoedema Support Network  
[www.lymphoedema.org](http://www.lymphoedema.org)

