

JOBST®

Helping you
self-care
for your
swollen
limb



Together with your healthcare practitioner, you may have agreed that you will care for your swollen limb yourself - or you may be helping someone else to care for a swollen limb.

It's important that you know that you are not alone and that you can still access support and guidance if you need it: you can find more information on the last page.





Looking after your swollen limb

Your healthcare practitioner will have given you advice on how to manage your lower limb swelling and will have provided you with a compression garment. This guide will help you to understand how to care for your limb.



Caring for your skin



Lifestyle factors which can help



Applying and wearing your compression garment

CARING FOR YOUR SKIN

Gently wash and dry your skin and moisturise daily, recommendations are:

- Normal soap can dry out your skin, use tap water and a moisturising shower gel or a PH-Neutral cleanser
- Pat your skin dry with a soft towel - do not rub or apply force. Take care to dry between your toes and any skin folds
- Moisturise your skin immediately after washing. Allow the moisturiser to soak into the skin before applying your compression garment

Avoid infection risks such as: scratches, cuts and grazes, insect or flea bites, or fungal nail infections (i.e. athlete's foot).



LIFESTYLE FACTORS

Eat healthily and stay well hydrated.

Move regularly, keep active and use the affected limb as much as possible.

Try performing some simple lower limb exercises such as:

- toe to heel rocks
- ankle circles
- toe pointing and flexing

Try and keep cool in extreme temperatures, which can worsen your swelling.

Avoid wearing tight clothing that may restrict your swelling.

APPLICATION OF A JOBST GARMENT



Turn the top part of the garment inside out down to the heel or mid arm of the garment.



Stretch fabric over the foot and heel or hand and wrist.



Unfold and pull the garment up.



Work the garment up the limb ensuring the top band sits in the correct position, ensuring you've smoothed any creases and the fabric is evenly distributed.

For detailed instructions refer to the patient information booklet at <https://www.bsnmedical.co.uk>



APPLICATION OF A JOBST WRAP SYSTEM



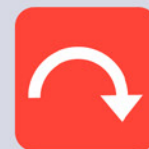
Apply the liner.



Starting at the bottom of the limb, apply the bands and secure with the VELCRO fastener.



Bands should be pulled to resistance and fixated.



When taking the wrap off, fold the VELCRO fasteners back on themselves to protect the VELCRO.

For detailed instructions refer to the patient information booklet at <https://www.bsnmedical.co.uk>



Wearing your compression garment

Apply your garment each morning and wear it all day, especially when exercising and 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 healthcare professional.

Check the lifespan of the product with your healthcare professional.



Looking out for problems

There are some signs you should look out for, as these might mean that you have an infection or your compression needs to be reviewed:



Comfort:

Your garment should not be tight or painful. It should be firm-fitting and comfortable.



Limb sensation:

Do you have any tingling, pain or numbness?



Temperature:

Is your skin temperature higher on the affected limb?



Redness:

Is there any unusual redness on the limb?



Feeling unwell

Are you feeling generally unwell?
eg. Temperature or flu like symptoms

If you answer yes to any of these questions please contact your healthcare professional



A photograph of a smiling woman with short blonde hair and glasses, wearing a light grey top, sitting on a beige sofa and holding a white mug. The background is a bright, windowed area with sheer curtains. A red curved graphic element is at the bottom of the image.

**Thank you for
helping to care for
your swollen limb**

By doing this, you are
helping yourself have
a better quality of life
to live better over time