

HELPING YOU SELF-CARE FOR YOUR SWOLLEN LIMB



JOBST

DEFY GRAVITY

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.





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 to keep cool in very hot temperatures, which can worsen your swelling.

Avoid wearing tight clothing over your compression garments.

Application of JOBST compression hosiery 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.



Application of JOBST FarrowWrap (compression 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.



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?



Skin 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 e.g. have a temperature or flu like symptoms?



THANK YOU FOR HELPING TO CARE FOR YOUR SWOLLEN LIMB

By doing this, you are helping yourself
have a better quality of life.



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