

CARE OF BANDAGES AND GARMENTS

Bandages –

1. All bandages touching the skin (tubular, short or long stretch, stockinette & finger bandages) should be washed daily. Short stretch, long stretch, padding, and pressure pieces not in contact with the skin can be washed every 3 days – more frequently in warm weather and/or if soiled. All the above except foam is washable.
2. Wash all bandages in tepid water using a mild liquid soap such as Ivory or Dreft – **NO WOOLITE & no soap powders.**
3. Place bandages in a lingerie bag before putting in washing machine. Wash on slow cycle, fast spin.
4. Dry bandages on a flat surface, hang them over a drying rack, or over a shower stall. Roll them tightly after they're dry.
5. Avoid ironing bandages or cutting them.
6. Roll bandages immediately after removing them from the bandaged arm or leg.
7. Don't use "clips" to fasten bandages – use tape to secure bandages in place.
8. If using bandages daily, they need to be replaced every 2 -3 months

Garments – *Wash new garment before 1st wearing-*

1. Compression garments are washed in tepid water every day after wear, using a mild liquid detergent such as Ivory or Dreft - **NO WOOLITE - no soap powder**
2. ***Wash inside out***
3. Rinse garment thoroughly in tepid water & squeeze out excess water – do not twist or wring
4. Roll garment in thick fluffy towel to get all water out – hang to dry overnight
5. Purchase at least 2 garments – wear one while the other is laundered. **Never sleep in gradient compression garments.**
6. **If you're wearing one garment daily, it will maintain its compression for approximately 3 months – replace every 3 months**
7. Purchase a new garment before the old one has lost its compression.
8. Before applying garment, put the day's date on inside band with an indelible pen
9. Apply garments with rubber gloves to avoid any ripping or snagging – making sure weave of fabric is even up the limb
10. Do not overstretch the garment when applying it.
11. Make sure weave of garment is smoothed out from end to end.

Medicare does not pay for gradient compression garments