



## Compression Therapy

### Patient Information Leaflet

- You are being treated with compression therapy with either a bandage, sock, stocking, or wrap.
- Compression socks, stockings and wraps are known as compression garments.
- These allow your veins and lymphatic system (part of the immune system that defends your body against infections) to work better by helping to reduce the oedema (swelling) in your leg.
- Do not push down or cut your bandages or compression garments as you might cause the bandage or garment to increase the pressure and make it tighter.
- The bandage or garment can also slip down by itself, but the effect will be the same. If you have any concerns, please contact your Nursing Team.
- If you are using compression garments you should remember to smooth them, making sure that there are no wrinkles, and the top band has not rolled or become folded over.

### Important information – things to look out for

- increased or new pain
- increased or new numbness or pins and needles
- loss of colour to the toes

### Contact your Nurse if you experience any of the above

- If you get any of the symptoms above, **you must take the garment/bandage layer off completely.**
- **Do not leave any of the garment/bandage on half/part of the leg.**
- If you cannot remove the garment/bandage yourself then ask someone else to do it for you.
- Once you have taken the garment/bandage off your leg, or if there is no one you can ask to help you, contact your Nurse for advice.



**If your Nurse wants you to be aware of anything else, they will write it here:**

**Your Nursing Team's contact details are as follows:**

**Patient advice and liaison service (PALS)**

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.PALS@nhs.net](mailto:whh-tr.PALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please email [whh-tr.patient-information@nhs.net](mailto:whh-tr.patient-information@nhs.net). We will try our best to meet your needs.

**Twitter.com/WhitHealth**  
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**Whittington Health NHS Trust**  
Magdala Avenue  
London  
N19 5NF  
Phone: 020 7272 3070  
[www.whittington.nhs.uk](http://www.whittington.nhs.uk)

Date published: 24/05/2024  
Review date: 24/05/2026  
Ref: ACS/TisViab/CompTher/01

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