

Compression therapy: moving on up!

Compression therapy is essential for helping your venous leg ulcer heal as it helps to clear blood and fluid from your legs. There are several different ways compression can be delivered so find one that is good for you.



Compression therapy is a key part of living with a venous leg ulcer. Not only does it help your wound to heal, it can also prevent it from recurring. There are several ways in which compression can be delivered, so if you have tried it before and had a problem, there will be an alternative for

you to try. Your healthcare professional should help you to identify a product that is suitable for you. The choice needs to be based on your condition, your limb size and shape to make sure it delivers the right compression effectively, and must be acceptable to you so you are happy to wear it. The

key is to wear your compression as often as possible to maintain the health of your limb.

Compression bandages

Compression bandages are often used to treat people with venous leg ulcers where there is a lot of swelling present, or when the wound is producing a lot of exudate. For example, if your wound is large and producing lots of exudate, a bulky dressing may be needed to manage fluid and prevent leaking. If there is swelling and the limb shape is distorted, padding may be used to restore shape so that compression is delivered effectively. As bandaging can be hot and bulky, and restrict movement and independence, it should be used in the short term which wound size, exudate volume and swelling are reduced. At this point, a wrap or hosiery can be used.

Compression wraps

Compression wraps are medical compression garments that are wrapped around the limb and secured with VELCRO fasteners. Some brands have markers or indicators which show where the fasteners need to be in order to deliver effective compression. Compression wraps have the advantage of being removable giving the wearer freedom to remove it, for example, to shower or carry out a dressing change.

Compression hosiery

Compression hosiery is available in many different forms and the choice of what to use is influenced by your individual needs.

Options vary in stretchiness, levels of compression delivered, fabric, colour, size, length, and whether they are closed or open toe. Compression hosiery is a single garment and can be selected off-the-shelf in standard sizes, or made-to-measure for the individual.

Compression hosiery kits are commonly used for treating venous leg ulcers and consist of two garments worn one of top of the other. Hosiery kits are designed to be worn 24 hours a day, but the outer layer can be removed at night, although this is not essential. Hosiery kits are most commonly available in off-the-shelf sizes but can also be made-to-measure.

Pneumatic compression pumps

Pneumatic compression pumps can be used to deliver the benefits of compression therapy. A device is used to deliver compressed air at a prescribed pressure to inflate and deflate an attached garment to provide compression to the lower limb. The pump is used for an hour each day.

Whichever form of compression you use, it is important to remember that it corrects the underlying venous disease which is essential to healing your wound and preventing recurrence.



In This Together Compression

To learn more about all things compression, visit:

www.inthis-together.co.uk