

## When to seek medical advice

It is normal for patients wearing compression garments to develop red indent marks from their compression garments throughout the day. These marks should not cause any pain or discomfort and should disappear within 30 minutes after removing the compression garments.

**If you notice pain or discomfort** from indent marks and that they are taking more than 30 minutes to disappear after removing the compression garment, contact Peke Waihangā.

**If you notice any colour or sensation changes** (numbness) to a limb wearing a compression garment, remove the compression garment and contact Peke Waihangā for further advice.

**If you experience cramping or sharp pains** in the leg, especially when walking, please remove the garment and contact Peke Waihangā for advice.

## Compression garment yearly allowance

**Patients with an active referral** for compression garments are entitled to one compression garment per limb per year. That means if you only wear a compression garment on your one leg (e.g. your right foot), you will only receive one pair per year.

**Patients who are due for a renewal**, will require a phone review prior to being provided with a new compression garment.

If a patient has not been seen by a Peke Waihangā Orthotist for several months, they may be asked to come in for their measurements and condition to be reviewed. This is to ensure no changes have occurred in the past six months regarding compression needs.

## Contacts

### Auckland Centre

Unit 1–5, 72 Dominion Road, Mount Eden,  
Auckland 1024  
☎ 0508 678 255  
✉ [aklorthenquiries@pw.co.nz](mailto:aklorthenquiries@pw.co.nz)

### Hamilton Centre

222 Pembroke Street,  
Hamilton 3204  
☎ 0508 679 245  
✉ [wkoorthenquiries@pw.co.nz](mailto:wkoorthenquiries@pw.co.nz)

### Tauranga Centre

100 Eleventh Avenue,  
Tauranga 3110  
☎ 0508 267 678  
✉ [boporthenquiries@pw.co.nz](mailto:boporthenquiries@pw.co.nz)

### Christchurch Centre

330 Burwood Road,  
Christchurch 8083  
☎ 0508 677 265  
✉ [chcorthreferrals@pw.co.nz](mailto:chcorthreferrals@pw.co.nz)

### Dunedin Centre

464 Cumberland Street,  
Dunedin 9016  
☎ 0508 474 474  
✉ [dunedin@nzals.co.nz](mailto:dunedin@nzals.co.nz)

## Find Peke Waihangā online

🌐 [www.pw.co.nz](http://www.pw.co.nz)  
🌐 [www.orthoticservice.co.nz](http://www.orthoticservice.co.nz)

Peke Waihangā  
Orthotic Service

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## FACT SHEET

# Compression Garments



## What do compression garments do?

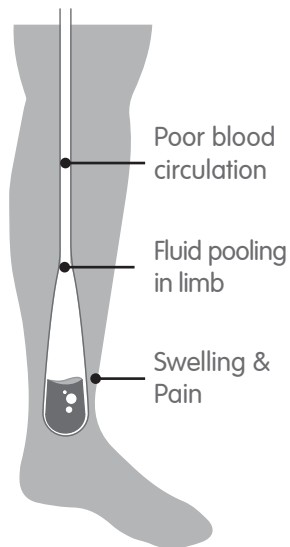
Compression garments may include bandaging, compression stockings or compression wraps.



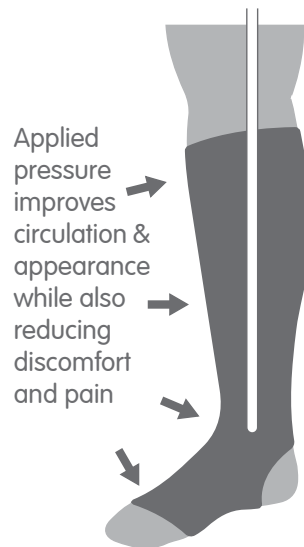
Different fabrics, weave styles, as well as the amount of pressure applied by the compression garment are selected by a clinician according to your needs.

Compression garments prescribed for conditions related to vascular disease, apply pressure on the ankles and legs compressing the veins to support normal function of the valves that enable blood flow back to your heart.

### Without compression



### With compression



## Putting on and removing compression garments

We recommend you put on your compression garment(s) at the start of your day.

- Putting on a compression garment when limbs are not as swollen will make it easier to put them on.

We recommend using rubber gloves (dish gloves) when putting on, removing and adjusting compression garments.

- Rubber gloves provide an easier grip on compression garments and protects the compression garments from fingernails that can cause laddering and pulls.



If you are having trouble putting on or removing your compression garment(s), contact Peke Waihangā for advice.

## Wear your compression garments during the day

We recommend you remove your compression garments before going to bed at night, as they are not as effective in a sleeping position. There is also a risk of the fabric moving and creasing overnight.

## Getting used to your compression garments

When wearing compression garments for the first time, or when a change in prescription has occurred, you may need to build up your tolerance to wearing your compression garment(s).

Start by wearing your compression garments for 2 hours in the morning and gradually increasing to 8 – 10 hour day.

We recommend you gradually build up your tolerance to wearing compression garments across a 1 – 2 week period.

## Caring for your compression garments

We encourage compression garments to be washed after each use. This will allow the compression garment to maintain its shape and continue to provide adequate compression.

We recommend compression garments to be hand-washed in lukewarm water with washing powder or detergent and left to air-dry in the shade.

Compression garments do not like heat. Compression garments will lose their ability to function properly if frequently exposed to high temperatures.



For more helpful resources, please visit our website: [www.orthoticservice.co.nz/resources](http://www.orthoticservice.co.nz/resources)