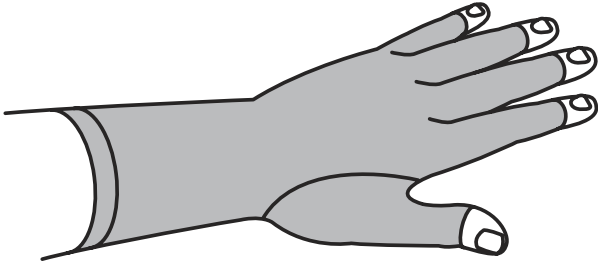


### What is the purpose of your pressure garment?



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### How to use your pressure garment

- ▶ Apply the pressure garment to a clean and dry hand and/or arm.
- ▶ Your occupational therapist will demonstrate how to put the pressure garment on so that it fits correctly.

### Care of your pressure garment

- ▶ Pressure garments need to be cleaned at least once a day.
- ▶ To clean the pressure garment, wash with soap and water. Rinse well. Roll in a towel to remove excess moisture and dry in the shade. Do not tumble dry.

### Precautions

Contact your occupational therapist if you experience any of the following:

- ▶ sore red marks from where the pressure garment may be rubbing or digging into your skin
- ▶ pain
- ▶ swelling
- ▶ a rash
- ▶ numbness or 'pins and needles'.

**Do not alter the pressure garment in any way.**

### Specific recommendations

**Wearing time:**

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**Other:**

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**Name of Therapist:**

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**Phone:**

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**Please contact your occupational therapist if you have any queries about the above information.**