

Your health professional has recommended the following compression therapy as part of your treatment plan.

Class of compression prescribed \_\_\_\_\_ (mmHg)

Product name \_\_\_\_\_

Size or style \_\_\_\_\_

Type of compression: bandage / hosiery / tubular system / other \_\_\_\_\_

To be applied by \_\_\_\_\_ when (how often) \_\_\_\_\_

To be worn: daytime only / day and night / other instructions: \_\_\_\_\_

## Benefits of compression

Compression therapy for venous leg ulcers improves the chance of healing and encourages faster healing. It also reduces the risk of another ulcer forming, and controls swelling. Other symptoms (such as heaviness or aching in the legs, tingling or burning in the feet) may also improve with compression therapy.

## Risks of compression

When you start compression therapy, you may experience some discomfort as it starts to work—this is not unusual.

However, look out for the following:

- pain, especially over bony areas such as shins or ankles
- colour change of the toes, especially if they become pale or blue
- tingling or numbness, especially in the toes or feet
- increased pain or severe tightness at night.

If you have any of the above, contact a health professional immediately. If this is not possible, remove the compression **at once** and see a health professional as soon as possible.

Other problems that may occur include:

- shortness of breath when lying flat, or waking gasping for breath
- skin damage
- excessive ooze from the ulcer.

If any of the above occur, contact your treating health professional as soon as possible.

If any problems occur, contact (person or organisation) \_\_\_\_\_

(phone number) \_\_\_\_\_ (other contact details) \_\_\_\_\_

(days and times available) \_\_\_\_\_

## Doctor's contact details: