



Notice for wearing pressure garments

I. Why should you wear pressure garments

Wearing pressure garments can provide a continuous pressure during the proliferative phase of scar tissue (generally 24-40mmHg per cm²).

Wearing pressure garments for several months will rearrange the collagen structure of scar tissue and make the scar tissue soft, smooth, and become stable quicker.

At the same time, pressure garments can make the scar color lighter, cool down the temperature, and alleviate local edema of scar tissue.

Therefore, after wounds healing from second-degree or third-degree burn injury, the patient should follow the doctor's instruction to wear pressure garments to prevent the proliferation of the scar tissue.

II. When do you need to wear pressure garments

When wound healed almost and the doctor confirms the necessity of wearing pressure garments, the patient could ask a professional manufacturer to make customized pressure garments. After fitting and altering, be sure to make pressure garments fit completely.

Patients need to wear pressure garments correctly as per instruction. When you find pressure garments are out of shape, too tight or their elasticity has changed, you must have pressure garments altered immediately in order to maintain the proper pressure, and wearing them continuously until scars mature.

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III. How long should you wear pressure garments

The pressure garments must be worn all day except when bathing and performing skin care. Even if changing time is deducted, pressure garments should be worn for at least 23 hours a day. Each time to take off the pressure garments can't more than 30 minutes for the principle. Wearing it until the doctor confirms the scar tissue has stabilized, which usually takes at least 12 months.

IV. Cautions to be noted when you wear pressure garments

- i. While wearing pressure garments, the patient still needs to rehabilitate and keep the skin clean and moistured (using baby oil or sheep oil). If the patient's family could provide encouragement and support continuously, the patient can get used to the pressure garment sooner even if he or she feels uncomfortable to wear it.
- ii. The pressure garments must be fitting and provide even pressure on the skin; and to avoid crushing or rubbing against the body which may form bullas or wounds (Wear silk stocking previously for protection if necessary.)
- iii. If the pressure garment is too tight or too loose, it can't provide proper curative effect. When pressure garment is too tight, the patient will feel uncomfortable or numbness; and purple or black color may be seen at distal ends of limbs; when pressure garment is too loose, it will slip. And you need to ask the manufacturer to tighten it or make a new one.
- iv. While wearing pressure garments, the body weight must be controlled. Besides, for growing children, it is necessary to adjust pressure garments according to the growth of the body.

V. Possible problems with skin burn

Possible problems include pain, itch, swelling, bulla, wound inflammation, moistness, heat and suffocation, and limitation of movement. When the skin is broken or bulla develops, you can apply local treatment with sterilization, and dress the wound in order to

facilitate the wound healing. If these problems can't be solved, ask for instructions from nurses or doctors, and wear pressure garments again after proper therapy.

VI. Maintenance of pressure garments

Every patient needs 2 sets of pressure garments at least for daily change and wash. Because wearing the same one for a long time will make it lose its elasticity, enough pressure and curative effect.

VII. Cleansing

Use neutral detergent (i.e. neutral soap) to soak pressure garments for 10-15 minutes, then hand-wash it gently with cool water (don't use brushes or a washing machine).

VIII. Drying out

Use towels to dry a pressure garment, and put it in a well-ventilated place. Don't use hair driers or sun light to dry it, in order to prevent it from deformation or losing its elasticity.

IX. Maintenance

- i. Avoid tainting by greasy dirt, clean it immediately if any.
- ii. You can wear normal clothes outside of it.
- iii. Don't over-drag it or hook it to avoid damaging it.
- iv. Don't alter it without the doctor's instruction.
- v. Check its elasticity and pressure every 3 months.

Let's take the quiz to make sure you understand

1. If the pressure garment is found to be deformed, elastically changed, or too tight, it must be modified immediately.

Yes No Don' t know

2. Improper use of pressure garments can cause blisters, abrasions, erythema and itching on the skin.

Yes No Don' t know

3. The pressure garment can be washed by brush or washing machine.

Yes No Don' t know

4. The pressure garment must be worn all day, except when taking off for bathing and skin care.

In addition, the pressure garment needs to be worn for 23 hours a day, and the pressure garment must be taken off every time

The time should not exceed 30 minutes.

Yes No Don' t know

5. When wearing a mask-type pressure garment, you should pay attention to the cartilage tissue such as the nose and ears, and do not compress it too tightly to avoid deformation.

Yes No Don' t know