



HOT TIPS FOR COOL LEGS THIS SUMMER

#LEGSMATTER

A brief guide for anyone wearing compression garments or hosiery. Chat with your clinician if you have concerns or need further help. Get more information and advice at

legsmatter.org

thebls.com

LEGS MATTER!

RESHAPING CARE TOGETHER...



Society of Tissue Viability

IN RECOGNITION OF OUR PLATINUM PARTNERS



HOT TIPS FOR A COOL SUMMER

DAMPEN OR WET YOUR GARMENTS

Keep cool during the day by dampening or wetting your compression garment/s using a plant spray or shower head - use a towel to soak up excess moisture. NB do not do this if you have dressings in place.

KEEP CLEAN GARMENTS IN A BAG IN THE FRIDGE

When it's a particularly warm day, your garments can be kept cool in a bag in the fridge and can be applied when you're feeling hot.

COTTON GARMENTS

Some manufacturers produce garments which ensure 100% cotton is against the skin. Not only does this help with keeping cool but it's also good for sensitive skin.

BEIGE GARMENTS

Switching to beige garments for the summer is a good idea as the colour black attracts heat.

OPEN TOE GARMENTS

If you like sandals, ask your clinician if you are suitable to have open toe garments. The hosiery starts at the base of the toes allowing them to be exposed and, if desired, is an opportunity to show off painted toenails!

REMINDERS FOR HEALTHY LEGS

DAILY WEARING OF GARMENTS

Legs expand in hot weather so it is more important than ever to keep them under control by making sure compression garments are worn every day.

DAILY WASHING OF GARMENTS

Throughout the day garments become loose. Washing garments after each wear helps the material return to the correct pressure.

RENEW GARMENTS

Over time, the elasticity in garments reduces. Ensure you renew your garments regularly - at least 2 new garments per leg every 6 months.

KEEP SKIN IN GOOD CONDITION

Wearing garments can dry skin so keep your legs moisturised by applying non perfumed moisturising lotion at night, the warmth of the bed will help absorb the cream.

EXERCISE

Exercise is amazing in helping legs to look and feel better. Even if you feel physical exercise is not for you, there are simple movements and stretches that can make a big difference.