

## Contact details

Care of Burns in Scotland (COBIS)  
National Managed Clinical Network

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**Notes**

## Pressure garments

### Information Leaflet



A pressure garment is a tight lycra piece of clothing made to your measurements, to provide constant pressure over an area of your body. Pressure garments limit the growth of scar tissue by exerting constant pressure over the scar. The pressure keeps collagen fibres in the scar flat.

**Do:**

- Handwash garments daily in lukewarm water (40° or less)—hand-washing will help the garments last longer but if garments get very dirty, put them through the machine once a week
- Use a non-biological, mild soap
- Drip-dry the garment away from sunlight or heat
- Change into a clean garment every 24 hours (two garments are usually supplied)
- Wear the garment until the scar has matured—this may take 18–24 months or sometimes longer (your therapist will advise you)
- Contact the therapist if you have any redness, soreness or breakdown of skin
- Contact the therapist if you lose or damage the garment, or if it becomes too small or too baggy
- Discuss swimming with your therapist, who will advise you on garment wear
- Wear sun-protection on the scar under the garment—the garment is NOT sunlight-proof

**Don't:**

- Spin or tumble-dry the garment—this will ruin the elastic in the garment
- Put on a radiator—the material will burn
- Alter the garment yourself—the pressure has been carefully calculated
- Continue wearing the garment if you have any swelling, changes in skin colour or loss of feeling in the hands or feet—contact your therapist immediately
- Use oils or vaseline when massaging the skin—this will transfer onto the garment and damage the material (silicone gel sheets or silicone liquid gel is ok)