



LES CLINICAL RESOURCE

# Compression Care Guide 2026

Supporting effective use, durability, and clinical  
outcomes



## INTRODUCTION

This LES guide brings together practical information, tips, and recommendations to support clinicians and patients in the proper care of compression garments and wraps. Proper care helps maintain garment fit, therapeutic efficacy, and longevity while supporting comfort and skin health for people living with lymphoedema, lipoedema, or chronic oedema.

The guidance provided reflects contributions from industry partners alongside evidence-informed practice considerations, helping clinicians provide clear, consistent advice and enabling patients to maximise the benefits of their compression therapy.

## USING THIS GUIDE

The Compression Garment Care Guide presents manufacturer-supplied care instructions and practical recommendations for off-the-shelf and custom-made garments and wraps. Information is organised under consistent categories to help clinicians compare products and provide clear guidance to patients:

- **Washing Frequency** – Recommended how often the garment should be laundered.
- **Washing Instructions** – Guidance to clean the garment safely.
- **Recommended Detergent** – Detergents or products compatible with the fabric to preserve compression.
- **Special Care Tips** – Practical advice to avoid damage, maintain fit, and optimise garment performance.
- **Drying Instructions** – Guidance for safe drying to prevent shrinkage or loss of elasticity.
- **Moisturising Recommendations** – Advice for skin care before or after wearing the garment to maintain skin integrity and comfort.

Clinicians should use this information alongside patient-specific considerations such as skin sensitivity, mobility, and daily wear patterns to ensure the garment continues to provide therapeutic benefit.

	Washing Frequency	Washing Instructions	Recommended Detergent	Special Care Tips	Drying Instructions	Moisturising Recommendations
Compression Garments	<p>Daily or every 1–2 days for regular/heavy wear</p> <p>Up to every 2–3 days if lightly worn</p>	<p>Hand wash preferred, or gentle machine wash in laundry bag</p> <p>Use cool–lukewarm water (<math>\leq 30\text{--}40^{\circ}\text{C}</math>)</p> <p>Rinse thoroughly</p> <p>Do not wring or twist</p>	<p>Mild, fragrance-free liquid detergent</p> <p>Avoid powders, bleach, fabric softeners, and harsh chemicals</p>	<p>Remove jewellery and avoid sharp nails</p> <p>Turn garment inside out before washing</p> <p>Close zips, hooks, and Velcro</p> <p>Use gentle handling to prevent damage</p>	<p>Lay flat to dry on a towel or hang in shade</p> <p>Avoid direct sunlight and heat sources</p> <p>Do not tumble dry (unless specifically stated by manufacturer)</p>	<p>Apply light, fragrance-free moisturiser 15–30 minutes before wear</p> <p>Ensure fully absorbed before donning</p> <p>Avoid oil-based products</p>
Wraps	<p>Liners: daily</p> <p>Wraps: every 2–3 uses</p> <p>After each use if high sweat or post-surgical</p>	<p>Hand wash or gentle machine wash (<math>\sim 30^{\circ}\text{C}</math>) in laundry bag</p> <p>Rinse thoroughly</p> <p>Reshape after washing</p> <p>Fasten Velcro tabs before washing</p>	<p>Mild, hypoallergenic detergent</p> <p>Avoid bleach, softeners, and harsh chemicals</p>	<p>Fold/secure Velcro to prevent lint build-up</p> <p>Check fasteners for debris</p> <p>Roll in towel to remove excess water</p>	<p>Lay flat or hang to air dry</p> <p>Keep away from heat and direct sunlight</p> <p>Do not wring</p>	<p>Apply moisturiser only after removal</p> <p>Ensure skin is fully dry before reapplying</p>

**NOTE:** Please also refer to manufacturer-specific care requirements along with the above information. Some instructions may differ from standard garment care guidance and should be followed accordingly.

## COMPANY SPECIFIC INFORMATION

This section includes manufacturer-specific care requirements where instructions differ from standard garment and wrap care guidance and should be followed accordingly.

Essity	<p><b>Washing Frequency Variation</b> - Allows garments to be washed up to every 3 days if lightly worn</p>	<p><b>Product-Specific Care</b> - Clean silicone bands separately to remove lotions and debris</p>	<p><b>Wrap Handling Requirements</b> - Fold Velcro tabs before washing and reshape wraps after washing</p>
Haddenham	<p><b>Washing Parameters</b> - Recommends cooler washing temperature (&lt;30°C)</p>	<p><b>Wrap Handling Requirements</b> - Do not fold Velcro onto fabric surfaces and remove debris from hook-and-loop fasteners before washing</p>	
L & R	<p><b>Detergent Restrictions</b> - Do not use optical brighteners, stain removers, bleach, or fabric softeners</p>	<p><b>Product-Specific Care</b> - Clean silicone bands with alcohol to maintain adhesion</p>	<p><b>Handling &amp; Drying Method</b> - Avoid Velcro contact with towels during drying, use towel compression method to remove excess water, do not dry clean or iron</p>
Medi	<p><b>Washing Frequency Override</b> - Wash garments after every wear, do not use powders, flakes, bleach, softeners, or soaps</p>	<p><b>Handling Requirements</b> - Wash separately or in a pillowcase to reduce lint contamination, fold Velcro back onto garment before washing</p>	<p><b>Storage Requirement</b> - Store in a dry place away from sunlight</p>
OPC Health	<p><b>Washing Method Requirement</b> - Turn garments inside out before washing, wash separately on first wash</p>	<p><b>Drying Method Variation</b> - Use towel rolling technique to remove excess moisture before air drying</p>	<p><b>Moisturising Specification</b> - Recommends pH-neutral, fragrance-free moisturiser</p>
SIGVARIS Australia	<p><b>Washing Frequency Override</b> - Wash garments after every use, recommends brand-specific detergent (Sigvaris), or mild alternatives</p>	<p><b>Moisturising Variation</b> - Apply moisturiser after removing garments (end of day), not before wear</p>	<p><b>Handling Advice</b> - Avoid overstretching straps during application/removal</p>

# Sponsors

Thank you to our industry partners for supporting the development of this LES resource and ongoing clinical learning. Inclusion does not imply endorsement. Clinicians are encouraged to apply professional judgement in all aspects of patient care.



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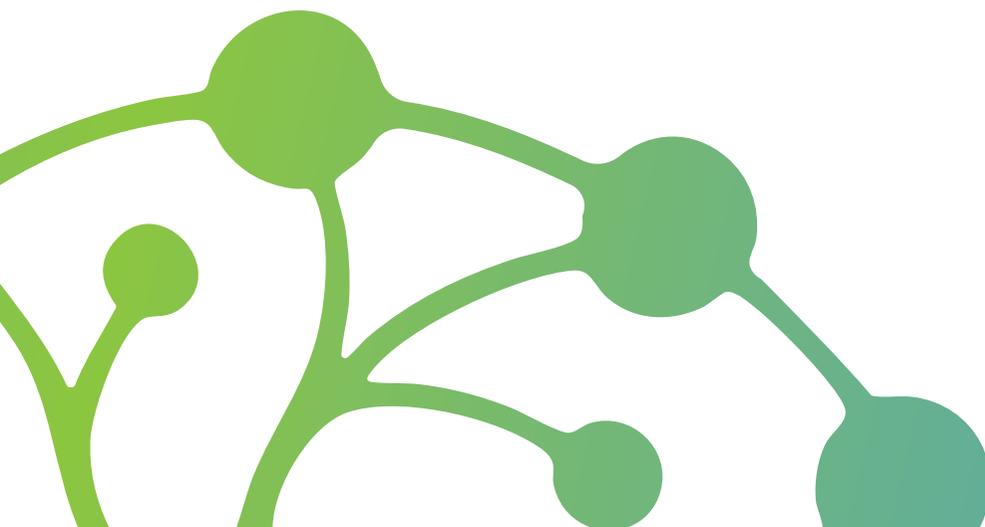
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