LES CLINICAL RESOURCE

Donning and Doffing Aids Directory

Application tools to support garment use and patient independence

LYMPHOEDEMA
EDUCATION SOLUTIONS



INTRODUCTION

This LES directory brings together curated information, tools, and resources to support clinicians and patients managing lymphoedema and chronic oedema.

Developed in alignment with current educational themes and areas of clinical need, it is designed to support clinical reasoning, safe application and removal of compression garments, and informed decision-making in everyday practice.

The resources included reflect contributions from industry partners alongside evidence-informed practice considerations, supporting clinicians to explore available donning and doffing aids and apply learning within their own clinical context.

USING THIS GUIDE

The Donning & Doffing Aids Directory presents manufacturer-supplied listings of tools commonly used to assist with the application and removal of compression garments for lymphoedema and chronic oedema.

Each participating company has provided information on available products, organised under consistent functional categories to support comparison across options. Listings reflect the manufacturers' own product classifications and intended clinical use, and may include links to educational resources or self-management materials.

Product information is grouped into three key categories to assist navigation:

- **Donning and Doffing Aids** – Frames, sliders, application aids, removal hooks, multi-purpose tools.
- **Supportive Accessories & Self-Management Tools –** Grip gloves, grip mats, silicone sprays, protective liners, plus links to videos or flyers to support patient independence.
- **3 Top Tips** – Manufacturer-provided practical guidance for fitting, donning/doffing, or patient education.

This directory is intended to support clinical reasoning, patient independence, and safe, effective compression management. Clinicians are encouraged to consider patient functional needs, tolerance, garment type, and tissue characteristics when selecting donning and doffing aids.

Company: Essity

Website: www.jobst.com.au

	Donning and Doffing Aids
Upper Limb	**Arion Easy-Slide Arm** - assists in applying armsleeves. Loop at the bottom allows slide to be pulled out after application. Minimises friction & reduces risk of skin damage. Reduces physical strain & promotes independence. Contributes to longer garment life & maintenance of original compression. Two sizes: Medium & Large.
Lower Limb	**Arion Easy-Slide Leg** - assists in applying open toe lower limb garments. Loop at the bottom allows slide to be pulled out after application. Minimises friction & reduces risk of skin damage. Reduces physical strain & promotes independence. Contributes to longer garment life & maintenance of original compression. Five sizes: XSmall, Small, Medium, Large & XLarge. **Arion Magnide** - assists in applying closed toe lower limb garments. Magnetic system to allows slide to be pulled out the top of the garment after application. Minimises friction & reduces risk of skin damage. Reduces physical strain & promotes independence. Contributes to longer garment life & maintenance of original compression. Three sizes: Medium, Large & XLarge. **JOBST Stocking Donner** - lightweight frame with foam grip handles designed to aid the application of lower limb garments. Garment is applied to frame, foot is inserted into the garment & frame is gently pulled upwards applying the garment to the limb. One universal size.

Contact
Tamara Kreis Brand Manager Compression, Australia & New Zealand Ph: 0455 344 170 E: Tamara.Kreis@essity.com

Supportive Accessories and Self-Management Tools

JOBST Donning Gloves - creates friction & provides better grip when donning garments. Supports an even distribution of fabric onto the limb. Reduces the risk of damage to the garment. Supplied as a pair in five sizes: XSmall, Small, Medium, Large & XLarge.

JOBST Roll-On Adhesive - adhesive lotion applied to the skin to help hold garments in place. Use a single application of the roll-on ball on exposed skin around the arm or leg & press the garment against the skin. For garments with a silicone finish, apply the lotion away from the area where the silicone will make contact with the skin.

3 Top Tip

1. Apply lower limb garments to the heel first & adjust positioning before applying further up the leg.
2. Protect garments by keeping fingernails & toenails short & smooth, remove jewellery & wash garments regularly.
3. For greater comfort, safety & garment longevity, ensure even distribution of fabric on application & avoid rolling or folding garment edges.

Company: Haddenham Healthcare Australia

Website: www.hadhealth.com.au

	Donning and Doffing Aids
Upper Limb	**Steve easyON** - Assists with donning armsleeves; reduces strain; suitable for patients with limited dexterity. Sizes: XS-L **Steve easyOFF Ring** - Facilitates safe removal of sleeves and gloves. Sizes: XS-L **Steve Gloves (Latex Free)** - Improves grip and protects compression garments during application. Sizes: S-XL **Steve Gloves (Latex)** - Improves grip and protects compression garments during application. Sizes: S-XL
Lower Limb	**Steve Complete** - Lightweight frame aid for donning compression stockings without bending. Sizes: XS-L **Steve** - Traditional donning frame for lower limb hosiery. Sizes: XS-L **Steve Glide Dolphin (Open Toe)** - Reduces friction to assist application of open-toe garments. Sizes: Small & Large **Steve Glide Dolphin (Closed Toe)** - Assists with closed-toe hosiery application. Size: One Size **Steve easyON** - Assists with donning lower limb garments. Sizes: XS-L **Steve easyOFF Ring** - Assists with safe removal of lower limb hosiery. XS–L

Contact
Clinical enquiries: Clinical Team Email: Clinical@hadhealth.com.au Online Bookings: www.hadhealth.com.au/contact **Sales enquiries: Sales Team** Phone: +61 3 9544 5515 Email: Sales@hadhealth.com.au

Supportive Accessories and Self-Management Tools
Steve Gloves / Steve Latex Gloves - Provide maximum grip while protecting fabric integrity **Klebi Skin Adhesive** - Helps maintain garment position and prevent slippage **K-Active Kinesiology Tape** - Supports lymphatic drainage and adjunct compression therapy **Lymphpad Foam** - Used under compression to soften fibrosis and improve pressure distribution **Spaghetti Foam** - Cut-to-size foam sheet for targeted pressure areas

3 Top Tip
1. **Protect your garments** – Keep nails short and remove jewellery before donning. 2. **Use gloves for better control** – Donning gloves improve grip and reduce fabric strain. 3. **Smooth, don't pull** – Distribute fabric evenly to avoid creasing and uneven compression.

Lohmann & Rauscher

Company: Lohmann & Rauscher

Website: www.lohmann-rauscher.com.au

	Donning and Doffing Aids
Upper Limb	**Donning Gloves** VENOSAN silicone dotted donning gloves assist with applying stockings. Helps protect stockings from tears by finger nails. Available in sizes S/M and L/XL. www.lranz.com/VENOSANPlaylist
Lower Limb	**VENO-Glider donning device** Compact sliding sock makes putting on compression stockings easier. Suitable for open-toe compression stockings of all classes. **Donning Gloves** VENOSAN silicone dotted donning gloves assist with applying stockings. Helps protect stockings from tears by finger nails. Available in sizes S/M and L/XL. www.lranz.com/VENOSANPlaylist

Contact
Lohmann & Rauscher Pty Ltd 321 Ferntree Gully Road, Mount Waverley, Victoria 3149, Australia Customer Service: 1300 572 869 www.lranz.com/venosan

Supportive Accessories and Self-Management Tools

COLTEX Body Adhesive

The special adhesive to hold compression garments on legs and arms in place.

Use COLTEX Adhesive and you can be confident your compression garments will stay up at all times.

COLTEX Adhesive is water soluble and does not stain. Keep upright at room temperature. Replace cap firmly.

www.lranz.com/VENOSANPlaylist

3 Top Tip

1. **Handle with Care** - To avoid damaging the fabric, ensure your fingernails and toenails are trimmed and smooth. It is also best to remove all jewellery and wrist watches before putting on or taking off your garment. Even minor snags can weaken the fibres, shortening the life of the garment and reducing its effectiveness.
2. **Keep Edges Flat** - Never roll or fold down the top edge of your garment. Doing so creates a “tourniquet effect” that concentrates pressure, which can actually increase swelling and cause discomfort. Folding also overstretches the material, leading to a loss of shape and uneven support. Once the garment is on, gently smooth out any wrinkles or creases to ensure the pressure is distributed evenly. Using donning gloves can provide better traction, making it easier to adjust the fabric without pulling too hard.
3. **Maximise Stay up Power** - On the self supporting tops, clean the silicone bands on self supporting tops with alcohol regularly to improve adhesion.

Company: medi Australia

Website: www.mediaustralia.com.au

	Donning and Doffing Aids
Upper Limb	**medi Butler Arm**: Assists in applying sleeves, by pre stretching the fabric https://mediaustralia.au/products/medi-butler-arm-compression-aid?_pos=1&_psq=medi+butler+arm&_ss=e&_v=1.0
Lower Limb	**medi Butler Off**: Easy removal of lower limb compression garments **medi Export Butler**: Long handles to reduce bending down **medi Butler Variable Adjustable Handle**s: Allows for individual adjustments **Hospital Butler**: For use in daily hospital care and in operating theatres **medi 2 in 1**: The lightweight aid to help with donning and doffing **Big Butler**: Donning aid made for large individuals with a 44cm handle length **Butler Pantyhose**: Donning aid for putting on pantyhose garments Link: https://mediaustralia.au/collections/donning-doffing

Contact
Clinical enquiries: Jennifer GIlbert (Clinical & Educational Specialist), Phone: 0477 034 655, Email: jennifer@medi.au Catalina (Clinical & Educational Specialist NSW/ACT), Phone: 0477 447 751, Email: Catalina@medi.au **Sales Inquiries**: medi Australia, Phone: 1300 04 6334, Email: sales@medi.au

Supportive Accessories and Self-Management Tools

Latex Gloves: Easy donning of compression stockings. They stick on the material and simplify touching and dressing of stockings considerably.
Sizes: small, Medium and Large
Link: https://mediaustralia.au/products/medi-latex-gloves?_pos=1&_psq=gloves&_ss=e&_v=1.0

Textile Gloves: Easy donning of compression stockings dermatologically tested and suitable to dress all types of compression stockings
Sizes: Small, Medium and Large
Link: https://mediaustralia.au/products/medi-textile-gloves?_pos=2&_psq=gloves&_ss=e&_v=1.0

medi Day Cream: Helps to improve skin health with gel to reduce the feeling of tension and sensitivity of the skin
Link: https://www.mediaustralia.com.au/products/medi-day/

3 Top Tip

1. Gloves are essential for safe donning and doffing. They provide extra grip, help protect the garment from damage, and make the process easier for patients.
2. All donning and doffing aids require practice. Clinicians should determine the easiest method based on the patient's strength, mobility, and functional limitations.
3. Peel the garment off — never roll it off. Rolling can overstretch the fabric and make removal harder for the patient.Pull the garment up gradually, bit by bit.Avoid letting the material bunch or gather, as this makes it much more difficult to pull into place.

Donning Videos: https://www.youtube.com/playlist?list=PLIsHVcasKeU0BFhBNq6zGn6L5DX_tMCxS

Company: OPC Health

Website: www.opchealth.com.au

	Donning and Doffing Aids
Upper Limb	**Arion Easy Slide Arm** – smooth double-layered material; aids in donning sleeves; https://www.opchealth.com.au/arion-easy-slide-arm **Arion Dactyna** – donning aid for gloves with open fingers; not on website – please contact team for more information **Ezy As** – 4 sizes; optional handle attachment; aids in donning sleeves https://www.opchealth.com.au/ezy-as-applicator
Lower Limb	**Arion Magnide** – smooth material with magnet closure; aids in donning closed toe garments https://www.opchealth.com.au/-arion-magnide **Arion Magnide 2 in 1** - smooth material with magnet closure; aids in donning and doffing closed toe garments https://www.opchealth.com.au/arion-magnide-2-in-1 **Arion Easy Slide Leg** - smooth double-layered material; aids in donning open toe garments https://www.opchealth.com.au/arion-easy-slide-leg **Arion Sim-Slide** - smooth double-layered material; aids in donning and doffing open toe garments https://www.opchealth.com.au/arion-sim-slide **Arion Easy-off-** smooth double-layered material; aids in doffing open or closed toe garments https://www.opchealth.com.au/arion-easy-off **Ezy A**s - 4 sizes; optional handle attachment for donning without bending down to feet; aids in donning open or closed toe garments https://www.opchealth.com.au/ezy-as-applicator **Juzo Slippie Gator** – smooth fabric and grippy mat to aid donning and doffing open and closed toe garments; 2 sizes; https://www.opchealth.com.au/juzo-slippie-gator

Contact	
	Off the Shelf Garments, Custom Jobst/Mobiderm and General Product Queries garments@opchealth.com.au; 1300 672 937 **Custom Juzo** - Jenny Sayle 02 9319 1955 jsayle@opchealth.com.au; **Clinical Advice** Natalie Hadley (Compression Product Manager) 0431 840 361 nhadley@opchealth.com.au Abagtha Sardar (VIC/TAS Compression Sales) 0431 177 262 asardar@opchealth.com.au

Supportive Accessories and Self-Management Tools

Juzo Donning Gloves - high-quality textile glove (nylon) with non-slip latex coating; makes donning and doffing of compression garments easier. Very durable; sizes S-XL; https://www.opchealth.com.au/juzo-special-gloves

Juzo Adhesive Lotion – adhesive roll-on glue for a secure hold of garments https://www.opchealth.com.au/juzo-adhesive-lotion

Juzo Measuring Board – tool to aid accuracy when measuring for garments; https://www.opchealth.com.au/juzo-measuring-board

6D Tape – lymphatic therapy tape with handles for self care at home to aid lymph drainage and scar management https://www.opchealth.com.au/6d-tape

Mini Massager – therapeutic vibrating mini massager; includes 3 attachment heads; battery operated; idea for self management of head/neck oedema and scars https://www.opchealth.com.au/opc-mini-massager

Rock Tape – 50mmx5m; kinesiology tape https://www.opchealth.com.au/rocktape-5cm-x-5m

StrapIt Advance Kinesiology Tape – 50mmx5m; waterproof kinesiology tape for lymphatic taping https://www.opchealth.com.au/strapit-advance-ktape

StrapIt Kinesiology Tape Cutter – tool to quickly cut 50mm K tape into 2,3,4 or 5 strips; time saver! https://www.opchealth.com.au/strapit-kinesiology-tape-cutter

3 Top Tip

1. **Don garment in the morning** - Always put on your compression garments in the morning straight after you get out of bed. This is when circumferences are at their slimmest as the tissues don't show any swelling yet. This makes it easier to put them on
2. **Protect the garment during application** – ensure fingernails and toenails are short and smooth, remove jewellery before donning garments and ideally always wear donning gloves with donning and doffing garments. This will reduce the chance of snags/holes in garments
3. **Don't pull the garments up to high** – ensure heel in correct position; for flatknit garments, the seam is straight and in correct place and there are no wrinkles in the fabric. Gently smooth out wrinkles using your donning gloves.

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.

Essity
jobst.com.au

Haddenham Healthcare
hadhealth.com.au

Lohmann & Rauscher Pty Ltd
lohmann-rauscher.com.au

medi Australia
mediaustralia.com.au

OPC Health
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