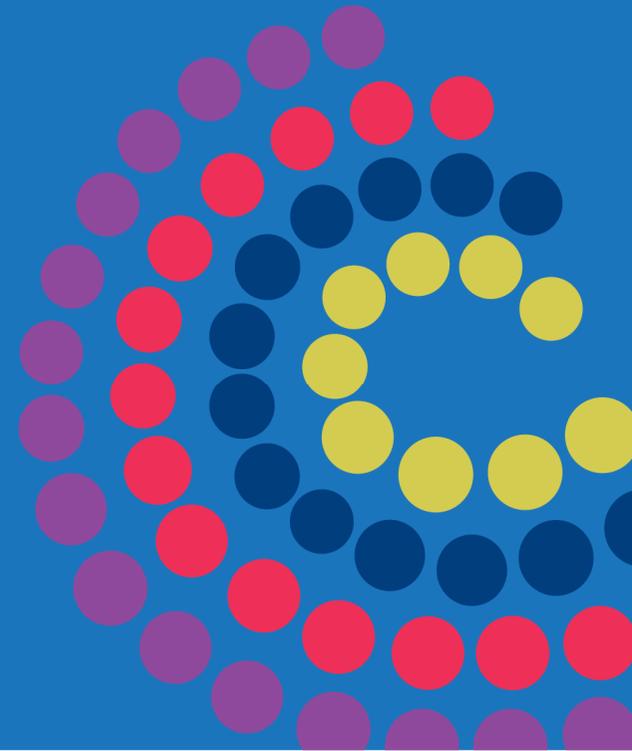


# Scar Management Pressure Garments

Information for patients, parents and carers



## Contact numbers

If you have any concerns about the use of your pressure garment contact your therapist in Allied Health.

Therapist:

.....  
.....  
.....

Telephone: (08) 8161 7381

8.30am – 4.00pm

Monday – Friday

### Disclaimer

The Women’s and Children’s Hospital Allied Health Department cannot take any responsibility for misuse of these products.

## For more information

Zone A  
Women’s and Children’s Hospital  
72 King William Rd,  
North Adelaide SA 5006  
Telephone (08) 8161 7000

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## What are pressure garments?

Pressure garments are custom made clothes which are specially designed to apply pressure to burn scars. Keeping scars soft, flat and flexible is important, especially as children grow, to minimise contractures and to improve the appearance of the burn scar.

They are made by specialist companies using high quality Lycra materials.

The garments are designed to be close fitting and need to be checked frequently to make sure they fit well.

Depending on the location of your child's burn scar you may be supplied with a glove, arm sleeve, vest, leggings or face mask. You will be given instructions about putting the garment on, removing it, and caring for it.

Pressure garments are expensive to have made; (approximately \$350 for a glove and \$450 for a vest) but are provided to you free of charge. *Please look after them carefully.*

## Wearing the pressure garment

Your child will usually wear the garment under ordinary clothes during the day and night. Pressure garments can take time to put on and adjust correctly because of their tight fit. Try not to overstretch the garment as you put it on. Some children will also have gel pads applied to the scars to help them soften and flatten. The gel pads are worn under the garments.

Garments should be worn during sporting activities and **removed** for swimming. It is recommended that a rash guard/vest or 'rashie' is worn to protect the burned areas from sunburn.



## Precautions:

The garment should not cause circulation changes such as;

- > swelling
- > colour change eg. white, deep red, blue/purple
- > numbness or tingling
- > blisters or skin breakdown.

If any of these occur, remove the garment and contact your therapist.

## Caring for the pressure garment

You will usually be provided with a second garment once the first garment is fitting correctly. This will allow you to wash one each day and alternate garments.

The garment should be hand washed in

lukewarm water with a mild liquid detergent. Rinse the garment well, roll up in a towel, squeeze gently and then drip dry in the shade. You can also machine wash the garment in a stocking bag on a "Delicate" cycle only.

Do not tumble dry the garment or dry by a heater as this can affect the elasticity and compression.

If you are moisturising the scar under the garment, use a simple non perfumed moisturiser such as Sorbolene.

Shoes, slippers or non-slip socks should always be worn over garments that cover the feet to prevent the child from slipping and to prevent the garment from wearing out prematurely.

Things that will need attention include:

- > the garment getting too small
- > the garment stretching and becoming too loose
- > the garment wearing out
- > circulation problems
- > skin breakdown.

Pressure garments tend to stretch over time and may need to be re-tensioned or replaced.

Please allow extra time for your appointment if your child needs to be re-measured for a new garment

**Please bring all of your child's garments to every burns outpatient appointment.**