



CARING FOR YOUR COMPRESSION BANDAGES

It is important to take care of your compression bandages to maintain their effectiveness in treating your lymphedema.

The brown bandages and white stockinette are the only washable items. DO NOT wash any foam or cotton padding you may have.

Wash your bandages and stockinette at a minimum of once a week.

When washing:

- Washing can be done by hand or in a machine on gentle cycle.
- Wash in warm water.
- Use mild detergents (such as Tide Free, All Free, Cheer Free, Liquid Ivory; NOT Woolite or Dreft as these products will alter the elasticity of the bandages.)
- Do NOT use bleach or fabric softeners.
- It may be helpful to place the bandages in a mesh garment bag to prevent tangling during the washing and drying process.

When drying:

- Do not wring or stretch while wet.
- If air drying bandages, do so without direct sunlight or heating sources. Lay them flat, or if hanging bandages, fold them in half so that the weight of the water will not cause them to stretch before drying.
- If drying the bandages in the dryer, dry on low heat. Remove and roll immediately to minimize wrinkles and so that the bandages will preserve their shape.

Please always have a set of clean bandages rolled and prepared for your next treatment!