Your arm compression guide

FERN MEDICAL SUPPLIES

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Sleeve first

1. Check your skin. Sit at a table and put on rubber dishwashing or gardening gloves, not thin medical gloves.
2. Fold the top half of the sleeve down over the bottom half.
3. Slide your hand through and pull the sleeve onto your forearm.
4. Ease it up your arm a little at a time with your palm.
   Don't pull from the top, the seams or the silicone band.
5. Unfold the top so the band rests on your upper arm, below your armpit.

Then the glove or gauntlet

6. Slide it on and work it down each finger with your palm.
7. Pull it up over the end of the sleeve at your wrist.

Watch how it's done

Scan with your phone to see a sleeve put on.
youtube.com/watch?v=BuhXtwgFb9M

Wear as prescribed by your doctor

Ask your doctor or therapist about wear time, your compression level, and any skin changes or pain.

Arm helper and taking it off

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Using an arm helper

Also called an arm butler. It lets you put the sleeve on with one hand.

1. Slip the sleeve over the rounded part of the helper, so the fabric stretches open.
2. Set the helper on a table in front of you.
3. Slide your hand into the open sleeve, with the back of your hand facing up.
4. With your other hand, hold the top of the sleeve firmly against the helper.
5. Slide your arm in evenly, without twisting the sleeve.
6. Remove the helper. Check that the sleeve sits smoothly and the band rests on your upper arm.

Watch a short video

Scan this code with your phone camera to see an arm helper in use.

youtube.com/watch?v=7i7P_MTmgDk

Fit Snug, no wrinkles, and the band lies flat.

Off Take off the glove first. Fold the sleeve's top down and peel it off inside out.

Velcro arm wrap

Most Velcro arm wraps go on much the same way. Put it on in the morning.

Put it on

1. Check your skin. Put on the undersleeve or liner and smooth out every wrinkle.
2. If you have a glove or hand piece, put it on the way your garment's instructions show.
3. Rest your arm on a table. Place the wrap around your arm, with the bottom edge at your wrist.
4. Fasten the bands one at a time, from your wrist up toward your shoulder.
   Use your free hand to pull each band across and press it down.
5. Check each band with your pressure card or guide, if you have one.
6. The top band should rest on your upper arm, below your armpit.

Fit Snug and even, with no gaps between bands. The wrap loosens as swelling goes down, so recheck the bands during the day.

Off Open the bands from the top down. Fold each band onto itself so the Velcro doesn't collect lint. Remove the wrap, then the liner.

Nighttime garment, care and help

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Most nighttime garments are padded and simply slide on.

Each night

1. Check your skin.
2. Sit in a comfortable spot.
3. Slide the garment on. Line up the hand opening.
4. Slide it all the way up, so it covers the whole area it's made for.
   If yours has straps, fasten them so the garment stays in place.
5. In the morning, take it off and check your skin again.

Fit Comfortable, with a little more room than a daytime garment. It stays in place. Nothing pinches or digs in.

Care Wash often. For washing and drying tips, see our care guide at fernmednc.com/care-guide.

Take it off and call your doctor if you have

Numbness, tingling, pale or blue fingers, worsening pain, or new skin breakdown. **In an emergency, call 911.**

Time for new ones? Contact Fern if your sleeve or glove feels loose, has holes or runs, or slides down. We'll help you reorder.

Questions? Chat with us or use the contact form at www.fernmednc.com. Free language help: 919-241-4259.