

# COMPRESSION CHECKLIST

Living Your Best Life With Lymphedema

BRAND OF GARMENT: \_\_\_\_\_ COMPRESSION LEVEL (CLASS) \_\_\_\_\_

MY GARMENT IS:  FLAT KNIT  ROUND KNIT  CUSTOM  OFF THE SHELF

## THE RIGHT GARMENT

- My swelling has increased in the last few months
- My swelling increases overnight
- My swelling gets worse as the day goes on
- I have had more than 1 cellulitis infection in the past year
- My skin is hard or bumpy
- I have trouble putting on and/or taking off my garment
- The tissue of my limb feels like dough or wood OR I have fragile skin
- My limb is not uniform in shape
- I have swelling above where my garment ends

## THE RIGHT TIME

- My swelling does not go down overnight
- My swelling gets worse as the day goes on
- My finger leaves an indent when I press into my tissue
- My fitter has told me that the size of my arm/leg has increased since I was measured last
- My clothes/shoes feel tighter than usual
- I have new swelling

## THE RIGHT COMPRESSION

- My garment is older than 5 months
- My garment is easy to put on and take off
- My garment is out of shape
- My garment has tears, runs or holes in it
- I have numbness or tingling in my fingers or toes

## INSTRUCTIONS

1. You can find the brand of your garment and the compression level on the tag attached to your garment. I.e: Medi 550 or Juzo. Compression can be written as numbers or pressures. I.e: CCL1 or 20-30mmHg
2. Ask your fitter if you do not know if your garment is round knit, flat knit, custom or off the shelf
3. Complete this checklist before you go to get your next garment or to your next ADP authorization appointment
4. Place a check mark beside any statement that applies to you in each category
5. Once completed take this checklist with you to your lymphedema specialist fitter appointment

If you place checkmarks beside any of these and you are in between new garments, contact your fitter to discuss the results



**A tool to help you and your fitter find a garment that suits your needs**

scan the QR code to visit Swelling Solutions website to get your checklist

