How to put on your ActiLymph® arm sleeve:
1. Turn the sleeve inside out, half its length from the top of the arm
2. Pull over the hand
3. Hold on to something fixed, such as a towel rail. Pull the sleeve up the arm working from the bottom upwards
4. Make sure the sleeve is evenly stretched up the arm length. It should feel comfortable even when bending the arm
5. Do not pull the sleeve too high up the arm as the top would wrinkle over in the armpit
6. If a separate handpiece is worn with the sleeve make sure the garment’s ends do not sit on the wrist crease

Looking after your ActiLymph® garment
- If cared for correctly, your ActiLymph® garment will give the recommended level of compression for up to 100 washes
- ActiLymph® garments can be hand washed or machine washed at a maximum of 40°C. DO NOT USE BLEACH
- Do not tumble dry, do not dry clean or iron, dry away from direct heat
- Care should be taken to ensure hosiery is not damaged by callouses, rough skin or nails
- Check hosiery being worn for any signs of damage which could lead to premature wear of your hosiery

The following sequence shows an ActiLymph® stocking being applied using ActiGlide® (available on FP10/GP10).

How to put on your ActiLymph® hosiery:
1. Slip your hand down the inside of the stocking
2. Gently grasp the heel area and pull the stocking inside out. This will leave the toe region still tucked in
3. Fold back the edge about an inch/2-3 cm so you can easily slip your toes into the front of the stocking
4. Unfold that inch as you get your toes and heel into the right position
5. Gently pull the rest of the stocking over the foot, heel and ankle
6. Pull the stocking up your leg in stages - Try not to force it!
7. Below knee stockings have to be pulled up to the bend at the back of your knee. If it is a thigh length stocking it has to reach the middle section of your thigh
8. On all hosiery make sure that your toes are NOT restricted

How to remove your ActiLymph® hosiery
- All ActiLymph® hosiery should be peeled off gently. DO NOT roll the stocking to remove
What are the benefits of ActiLymph® garments?

ActiLymph® was specifically developed with the management of chronic oedema (swelling of the limb) in mind, using the latest knitting technologies and materials that are able to control chronic oedema.

ActiLymph® garments deliver the correct compression levels and fabric stiffness needed to manage lymphoedema.

ActiLymph® garments help to increase venous and lymphatic return, aiding the absorption of excess limb fluid.

ActiLymph® hosiery moulds well to your limb shape, providing correct support, climate and comfort - while effectively managing limb swelling. The soft fabric makes it very easy to put on and take off, allowing you to wear it daily in order to protect your limb.

ActiLymph® garments are backed by a team that is committed to quality and service, which has helped make them part of one of the fastest growing medical hosiery ranges in the UK.

ActiLymph® leg garments are available in two colours (Sand and Black). Please ask your clinician for availability.

ActiLymph® arm garments are available in two lengths (Standard and Long). Please ask your clinician for availability.

How compression hosiery works

Your compression garment works by applying a firm, continuous, graduated pressure to the muscles, lymphatics and veins in your arms or legs. When your calf muscle contracts e.g. during walking, your limb swells and the compression hosiery helps to reduce this swelling by increasing the return of blood to your heart.

ActiLymph® arm sleeves

Indications for use

ActiLymph® 18-21mmHg Class 1 - Provides light compression and should be used for early/mild lymphoedema, where lymphoedema is light to moderate with little shape distortion. Suitable for lymphoedema, lipodermatosclerosis, prophylaxis, maintenance therapy, palliative use and patients who are pressure sensitive.

ActiLymph® 23-32mmHg Class 2 - Provides medium compression and should be used in cases of moderate to severe lymphoedema where there may be some shape distortion. ActiLymph® Class 2 (23-32mmHg) hosiery can be used as part of the treatment for, and to provide maintenance therapy of lymphoedema.

Contra-indications:

- If you have had or believe you may have had any problems with your veins then it is important that you seek advice from a trained health professional before wearing any compression hosiery
- Use with caution where diabetes and rheumatoid arthritis are present as there may be microvascular disease
- People with diabetes may also have some degree of peripheral neuropathy which could cause problems if the stockings become too tight
- Care should be taken when applying hosiery over bony prominences to avoid damage to the skin and circulation

- Your ActiLymph® garment should not cause you any pain or discomfort. If the likelihood of this happening please remove your garment immediately and seek advice from your pharmacist, nurse or doctor

Prescriber’s guides are available free of charge to health professionals by contacting the customer care line on 08450 606707.

Observe your skin regularly for signs of damage and contact a healthcare professional if:

- The ActiLymph® arm sleeve or ActiLymph® hosiery appears to have become too tight
- The limb is more itchy, hot or painful than usual
- Sensation diminishes in the fingers or toes, or if they become cold or change colour
- There are signs of leakage or new ulceration

How to put on your ActiLymph® garment

Your ActiLymph® garment will provide effective support to encourage beneficial lymph movement and improve the blood flow in your limb. Because they need to feel firm on your limb, your hosiery may take a little longer to put on than ordinary stockings or socks.

If you use a regular moisturiser on your limb, this will help to keep your skin in good condition.

The guide overleaf shows the easiest way to apply your ActiLymph® hosiery.

Warnings and precautions:

- If you have had or believe you may have had any problems with your veins then it is important that you seek advice from a trained health professional before wearing any compression hosiery
- Use with caution where diabetes and rheumatoid arthritis are present as there may be microvascular disease
- People with diabetes may also have some degree of peripheral neuropathy which could cause problems if the stockings become too tight

- Your ActiLymph® garment should not cause you any pain or discomfort. If the likelihood of this happening please remove your garment immediately and seek advice from your pharmacist, nurse or doctor

Recomendations:

Patients should be assessed and measured for ActiLymph® garments by a trained healthcare professional to ensure that the correct size and compression level of hosiery is prescribed or recommended.

Two pairs of ActiLymph® hosiery are normally prescribed and patients should be re-assessed every six months for new hosiery. With ActiLymph® arm sleeves two are normally prescribed and patients should be re-assessed six monthly.

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