

# Compression Gloves

This leaflet provides information on the use and care of compression gloves for patients under the care of St. George's hand therapy team. If you have any further questions, please speak to a staff member caring for you.

## How might wearing a compression glove help me?

A compression glove can help to:

- control or reduce swelling
- support joints
- ease painful joints.

## Of what materials are compression gloves made?

Gloves made of nylon and Lycra are used in hospital, mainly to control and reduce swelling. You can also buy gloves which are useful for joint pain. These are made from a range of materials such as cotton, Lycra and neoprene.

## How do the gloves work?

For swelling, the gentle compression helps to 'push' the excess fluid out of the hand. For joint pain, the gloves provide support, compression and warmth to the joints.



## Using the gloves

- Make sure the seams of the gloves are on the outside so that there is not too much pressure.
- Make sure the gloves feel snug but not too tight.
- You should wear the gloves for short periods at first to get used to wearing them.
- Do not wear the gloves all throughout the day as this is bad for your skin hygiene.
- Make sure your hands are completely dry after washing them before putting on the gloves again.

## When should I wear the gloves?

### Day time

- Wear as long as needed to help with swelling, pain or stiffness.
- Do not wear while driving as you may not be able to grip.

### Night time

- Wear your gloves overnight if you have swelling, pain or stiffness.
- Always start with daytime wear to get used to the gloves and check that they do not have any harmful effects.

## What do I need to look out for?

Remove and stop using the gloves and contact your hand therapist if you have:

- numbness
- pins and needles
- itchy skin, redness or increased swelling, which could be an allergic reaction
- skin irritation
- gloves causing disturbed sleep.

## How should I care for my gloves?

Gloves you buy will normally come with care instructions. The following guidelines may also help:

- machine wash your gloves on a delicate cycle or hand wash them
- non-biological washing powders are gentler on the material from which the gloves are made
- do not use fabric conditioner
- lie the gloves flat when drying them
- do not tumble dry or leave on a direct heat source such as a radiator.

## Where can I buy compression gloves?

**Isotoner** or classic oedema gloves can be purchased from Jobskin Ltd [www.jobskin.co.uk](http://www.jobskin.co.uk)

**IMAK** active arthritis compression gloves (see picture),

**Thermoskin** arthritis gloves and **NEO G** arthritis gloves can all be purchased from [a good pharmacy or trusted online retailer](#)

## Contact us

If you have any questions or concerns, please contact 020 8725 1038 (for treatment enquiries) or 020 8725 0007 (for appointment enquiries).

**Email:** [handtherapy@stgeorges.nhs.uk](mailto:handtherapy@stgeorges.nhs.uk)

**Your therapist is:** \_\_\_\_\_



For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times. The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

**Tel:** 020 8725 2453

**Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

### AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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