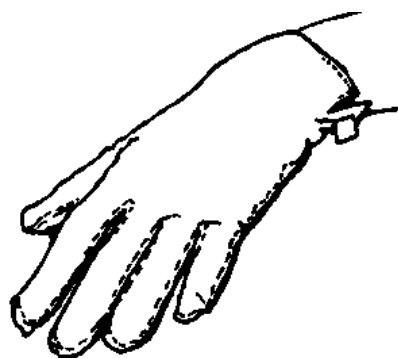


Hand Therapy

Compression glove

Why have I been given a glove?

- To move swelling out of your hand.
- To reduce scarring on your skin.
- To help reduce pain.
- Other _____



When do I wear it?

For best results, the glove needs to be worn:

- At all times.
- While sleeping.
- During the day. Put it on as soon as you get up in the morning.
- Other _____

When do I take it off?

- For bathing and showering.
- To massage your hand.
- For some daily activities such as washing up.

Points to remember:

- Put the glove on as shown by your therapist.
- Make sure your skin is dry and clean. You may use a little talcum powder to help get your glove on.
- Make sure the glove does not wrinkle and that it remains smooth all day.
- Check it is pushed down between your fingers. Hold your hand up to the light. Make sure there are no big gaps in between your fingers.



Let your therapist know as soon as possible if:

- There is any pain, tingling, numbness or change of colour in your fingers.
- The glove is really uncomfortable.
- The glove is too tight, too loose or has holes.
- It is normal to see some marks on your skin when you take off your glove. If these marks last for more than an hour, talk to your therapist.

Care of the glove:

These gloves require special care to make them last longer.

- Hand wash gloves at least every two days. Use warm water with gentle soap or gentle liquid laundry detergent.
- Rinse very well and roll in a towel to squeeze out extra water.
- Dry glove flat in the shade. Do not put the glove in the dryer or on a heater. This damages the elastic. Dry near a fan if you need it quickly.
- If the glove is worn swimming, rinse very well afterwards. You can get sunburnt through the glove so be careful with sun protection.
- Wear another glove over the top to protect it when gardening or working in dirty conditions.
- Use only water or silicone based moisturiser (e.g. Sorbelene). Avoid use of wax, paraffin, petroleum or Vitamin E based moisturisers as these can damage the fabric.

Special instructions:

Remember to bring your glove with you to each appointment.

Please contact your therapist if you have any queries or concerns.

Therapist _____ Phone Number _____

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