

In this together

Making compression better

Issue 7, 2020

STAY SAFE

SELF CARE ♥

Self care for our compression community has never been so important

Moisturise to keep your skin soft and supple

Advice for healthy legs

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for hosiery application

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Get your self care compression all wrapped up

Why you need
to wear your compression

Gardening
Can you dig it?
Yes you can!



Special edition in partnership with





L&R Compression Hosiery

Wearing compression hosiery is vital for managing conditions caused by lymphatic or venous disease progression and also maintenance to the limb post healing a venous leg ulcer.

L&R have a range of hosiery options that gives the wearer the therapeutic level of compression to manage their condition, whilst offering a choice of colour and style.

Activa® British Standard is ideal for the management of conditions if the limb has no oedema.

ActiLymph® and **Adore®** European Class allow for management of limbs with oedema.

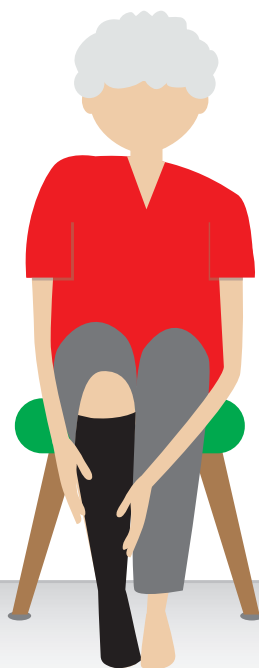
L&R also have a range of hosiery kits for the treatment of venous leg ulcers. See **page 17-19** for more information.

Already wearing **L&R** Compression Hosiery?

Did you know you can
purchase **extra pairs?**

To purchase an extra pair please visit:
www.extrapairs.co.uk or contact the
friendly customer care team at **Daylong**
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It is important that you wear your compression
daily to achieve the maximum benefit



Please contact our Customer Solutions team on **08450 606707**
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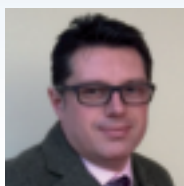


Self care for our compression community has never been so important

Welcome to this special edition of In This Together. As regular readers will know, here at Daylong it is our aim to create a compression community to offer support and advice to everyone involved in compression, from wearers and carers to manufacturers and dispensers.

Now more than ever, we feel this support and advice is needed in light of the challenges that the Covid 19 pandemic is placing on all our lives, especially for those

of us living with a long-term condition that needs managing with compression. Our partners at L&R Medical UK agree and have worked with us to provide you with some essential information to help you take good care of your limbs while at home, and to recognise when to seek help.



*Mark Hudston,
Marketing Director,
Daylong*



are delighted to partner with Daylong on this issue of In This Together, to bring you the advice and support you need to self-care at home during the Covid 19 pandemic.

The Coronavirus outbreak has impacted on us all in so many ways; social isolation means that we are unable to spend face-to-face time with our loved ones, while healthcare professionals and carers may not be able to visit as often or at all, placing a greater responsibility on us to self-care.

We appreciate that self-care means different things to different people, and

we explain what it means for people who wear compression in more detail on p.6–7. We then devote the rest of the magazine to providing you with practical information and advice on how to take care of your legs and general health while at home.

Of course, the benefits of self-care apply whatever the circumstances so we hope the advice and support provided in this issue will be helpful now and in the future.

We are also really excited to launch the 'Squeeze In' campaign that will give you further support to self-care for your lower limbs. We were planning to launch this campaign later in the year, however,



in response to these unprecedented times, we believe that the campaign is necessary now. For more information on Squeeze In and how you can get involved, take a look at the back page of this magazine!

A key part of our compression community is of course our healthcare professionals, and we at Daylong and L&R send our sincerest gratitude for all they do to help their patients every day. Life for healthcare professionals has never been more challenging, and as a sign of our appreciation, L&R are supporting the Cavell Nurses' Trust who support nurses, midwives and healthcare assistants who are facing financial and personal hardship (see below). Throughout May, the L&R UK team are taking on a series of challenges

under the umbrella '10K your way' to continue our support for the charity.

Here at L&R we take our role in supporting you to take care of your leg health very seriously. Our ambition to prevent the progression of leg problems and change the lives of those with venous leg ulcers remains at the heart of everything we do and has taken on even greater significance in these challenging times. We hope you find this issue and our other resources helpful.



*Rachael Sykes,
Head of Marketing,
UK & Ireland*



Cavell Nurses' Trust are a charity for UK nurses, midwives and healthcare assistants (HCAs), whether working or retired. They provide money and support when healthcare professionals are living through personal or financial hardship, often because of illness, domestic abuse, disability, working poverty and older age.

During the COVID-19 pandemic the support that Cavell Nurses' Trust gives to UK nurses, midwives and HCAs has quadrupled. Now more than ever, they need our support.

Simon Mangan, Managing Director of L&R Medical UK said:

“We are extremely proud to be working with Cavell Nurses' Trust. The work that Cavell Nurses' Trust does to transform the lives of nursing professionals in their time of need is remarkable and we are honoured to be able to support this. L&R are dedicated to providing solutions that both improve outcomes and release time to care and it is the caring values that we share with Cavell Nurses' Trust that makes the relationship so exciting for us.”



Take good care of yourself, you belong to you

Self care can improve your quality of life and independence by putting you in charge of decisions about your health. Taking ownership helps your condition to fit into your life, rather than taking it over.

Self care is a term we are all familiar with but it can mean different things to different people. It is a broad term that describes the actions we take to manage our health and wellbeing.

It is widely used to describe any activity we undertake that means we are looking after ourselves, from reading a book, having a cup of tea, to spending time with friends and family or exercising.

For people living with long-term health conditions, self care is also often referred to as self

management, and in this context, it describes the steps taken to live life with a chronic condition and manage your own health.

For people with long-term conditions such as venous leg ulcers and chronic oedema, management is lifelong and self care is crucial to success.

There is good evidence that self-care works, it can improve quality of life and get better results for long-term health, while also easing demands on health services.

If you wear compression hosiery or a wrap, you are already engaged in self care and recognise how important it is to managing your condition in the long term.






Self care is about keeping fit and healthy, understanding when you can look after yourself, and when to get advice from your health professional. If you have a long-term condition, self care is about understanding that condition and how to live with it so that it doesn't have a negative impact on your life.

Self care does not mean being left to cope alone, but working in partnership with your healthcare professional and members of the compression community to access the support, information and advice you need to make decisions about your health and what is best for you. Caring for yourself while knowing help is on hand is vital to feeling supported and it

is recognised that a good relationship with your healthcare professional is key to successful self care.

Of course, not everyone can or wants to self care, but for many people, taking care of their own health is crucial to their independence and wellbeing.

For people with long-term conditions, 80–90% of care is self delivered. In terms of contact with a healthcare professional, self care is delivered for 361 days of the year, versus 4 days of clinical contact. It therefore makes sense that if you are able to engage with self care, there are many benefits that can improve your quality of life and independence. 

TOP TIPS FOR SELF CARE

- If you want to self care successfully, like any change, it is best to start with small steps.
- Start with increasing your daily exercise or try to improve your diet for general health benefits.
- Consider your skin care routine. Are you able to wash and moisturise your legs each day to keep your skin healthy? This will mean you do not need to rely on a nurse or carer to do this for you. There is guidance on this on p.8–16.
- If you find it difficult to apply your hosiery, could an application aid help, or could switching to a compression wrap system give you independence? See p.17–21 for more information.
- Consider using a free prescription delivery service such as Daylong to reorder your compression garments, and get them delivered to your door for free. This will remove the need to make a visit to the local pharmacy to deliver and collect your prescription. Daylong's RE-MIND service will remind you when your garment is up for renewal (see p.22–23).



Cleanse your skin regularly to keep it in good health

Regular cleansing of your skin is an essential part of your skin care routine and it is important to keep your skin in good health. Just be sure to take a gentle approach so you don't damage your skin in the process.

If you wear compression to manage chronic oedema (long-term swelling, including lymphoedema) or a venous leg ulcer, your skin may be fragile and more susceptible to damage as a result of the underlying problem with your venous and/or lymphatic systems. It is therefore important that you take good care of your skin to keep your skin as healthy as possible in order to protect it from breakdown and infection.

Healthy, supple skin acts as a protective barrier to the outside environment, protecting us from the harmful effects of chemicals, irritants and micro-organisms that can cause infection.

The barrier function of the skin is less effective when the skin is dry and irritated.

This can be caused by sun exposure, central heating and products that we use to cleanse and moisturise the skin.

It is important when caring for the skin that skin-friendly products are used. Some perfumed products can strip the skin, increasing dryness and irritation. Continued use can leave the skin red, cracked and vulnerable to breaks that can result in infection.

For this reason, pH neutral or skin-friendly pH products should be used. Fragrance free, bland products help to preserve the skin's barrier function.

Read on for a quick guide to cleansing your skin.





1 Be prepared

If you are unable to clean your legs in the shower or bath, you can use a bowl. First, clean a work surface with plenty of room. Next, get everything you need before you start: a clean bucket or bowl of warm tap water, a cloth for cleansing or Debrisoft®, your cleanser or emollient, and a towel to dry your legs. Wash your hands thoroughly and dry with a clean towel or kitchen roll before you start to wash your legs.



2 Wash your limb(s)


Carefully remove your compression garment (and dressing if you have a wound). Test the water temperature then carefully wash your limb(s) using a cloth to gently cleanse the skin and remove any dry skin and build-up of products. Remember to avoid using perfumed products which may dry and irritate your skin. Try to cleanse your limbs regularly — daily is ideal if possible.

3 Cleanse your wound (if present)

If you have a wound, it may contain dead skin and bacteria that needs removing. Gently rinse the wound to loosen any debris. If you have been prescribed or have access to Debrisoft® you can remove this with very little discomfort. Moisten the Debrisoft® with a small amount of tap water and use for at least 2 minutes. The pad should then be disposed of after use.



4 Dry

Towel dry your skin by gently patting and avoiding harsh rubbing which can result in damage. Ensure skin folds, e.g. between toes and behind knees are dry. 



Moisturise to keep your skin soft and supple

Once your skin is clean and dry, it is important to moisturise to maintain elasticity and hydration. Read on for tips on the best way to moisturise to optimise your skin health.

Moisturising is an important part of your skin care regimen. It is a good way to restore moisture that has been lost through exposure to harsh conditions that result in dryness and irritation.

Applying moisturiser rehydrates the surface layer of the skin, and helps to seal in water. It also provides a protective barrier against the environment.

Read our top tips on how to get the best out of your moisturising routine.





1 Pick the right product

Remember, just like washing your limb, what you use to moisturise matters.

Use a bland, unperfumed moisturiser or emollient. Your healthcare professional may recommend the best product for you, and may give you a prescription. Otherwise a shop-bought moisturiser will work, just make sure it is pH neutral so that it doesn't dry or irritate your skin.

2 How often?

If your skin is in normal, healthy condition, moisturising once each day after cleansing is enough to maintain skin health.

If your skin is dry, it may be itchy, particularly under your compression garment. Putting the moisture back may help to relieve this issue. You may need to use an emollient, applied twice a day for maximum benefit.

Whatever your skin type, applying your moisturiser before bed will ensure you get optimum hydration from your product.

3 Apply gently

Remember to wash and dry your hands before applying, and ideally use a product with a pump dispenser so you don't contaminate the product by putting your hand inside. Apply gently without stretching the skin. Use a downward motion to avoid blocking the hair follicles with product. Apply in thin layers so that it is absorbed into the skin and doesn't build up in a thick layer on the skin surface.

4 Apply your topical medication

If you have any prescribed topical medications for your skin, such as a cream for Athlete's foot, apply it now, as part of your routine.

5 Wait a while

Leave the moisturiser and any medications to soak into the skin before applying your compression garment. This is to ensure your skin gets maximum benefit from the product, and that your garment is not damaged and is easy to apply. 🌀





Be your own skin inspector!

Carrying out your regular skin care routine provides the perfect opportunity to visually inspect your skin. Take the time to know what your skin normally looks like so when problems arise you spot them quickly.

When cleansing and moisturising your skin, it is a good time to examine your skin for any changes in appearance that might indicate a problem. The sooner any changes are identified, the sooner help and advice can be sought

from your healthcare professional. It is important to do this, to prevent any problems from getting worse. Here we list some of the common issues encountered by people who wear compression, explain what they mean and what action to take.





Swelling

Look for any swelling of the legs and toes that is unusual for you. You may experience a normal degree of swelling after a long day or with hot weather, but swelling that is different to what you normally experience could point to a problem. If the swelling is above or below your compression garment, it may mean that a new garment is needed as it is not working effectively.

Swelling in one leg that is accompanied by pain, heat, redness and feeling unwell can indicate cellulitis, an infection of the skin (see p.14-15 for more information on cellulitis). This needs prompt treatment with antibiotics so contact your clinician immediately.

Any new swelling of the skin around an ulcer should be monitored, as it can be a sign of infection, especially if it is accompanied by a green or unpleasant wound discharge or odour and pain. Some or all of these symptoms may be present in wound infection so it is important to know what is normal for you, and to be vigilant for any changes.

Redness

Redness of the skin, especially if accompanied with swelling, pain and generally feeling unwell can also indicate cellulitis, especially if the redness is present on one limb, and spreads quickly. Cellulitis needs to be treated with antibiotics so you should seek medical advice.

Redness on both legs may indicate venous eczema, and is not usually

accompanied by feeling generally unwell. Venous eczema is usually managed with compression, but ask your healthcare professional for advice.


Pressure damage

Red skin accompanied by pain when wearing your garment can be caused by pressure and may suggest your garment does not fit well. If it is too large it can roll, causing areas of high pressure that damage the skin. Conversely, if it is too small, it will dig in causing skin damage and restricting blood flow. This is likely to be accompanied by pain, pins and needles and/or numbness that resolves when you remove your garment. If you experience these symptoms, do not reapply your garment and ask your clinician for a new fitting as soon as possible to ensure you can continue your treatment.

Cuts, bites and breaks

Any cuts, scratches or insect bites can act as an entry point for micro-organisms, which can result in infection. If you notice any new cuts, treat with a topical antiseptic, and apply a dressing. Be sure to inspect for cracks between your toes as Athlete's foot is a common infection in people with chronic oedema.

Wet, leaking legs

Leakage of lymph fluid through the skin is known as lymphorrhoea, and indicates an underlying problem with the lymphatic system. The wetness can make the skin white and boggy, or red and sore. In this state the skin is vulnerable to damage and infection. In most cases lymphorrhoea is managed using compression therapy. 



Preventing, recognising and treating cellulitis

Cellulitis is a skin infection that commonly occurs in people with skin that is vulnerable to damage. Here we explain what causes cellulitis, how to recognise it and when to seek help.

Cellulitis is a spreading infection of the skin and the underlying tissue. It is usually caused by staphylococcus or streptococcus bacteria.

Anyone can get cellulitis, as it occurs when a break in the skin's protective barrier provides the opportunity for bacterial infection. This could be caused by something as simple as an insect bite or a scratch while gardening.

People with conditions that cause cracks and breaks in the skin, such as eczema, athlete's foot, lymphoedema or venous leg ulcers, are known to be at an increased risk. Likewise intravenous drug use or the use of cannulae or other medical devices that pierce the skin can also increase the likelihood of getting cellulitis.

A weakened immune system (which could be caused by chemotherapy, immunosuppressant medication or conditions such as poorly controlled diabetes), can also increase the risk of developing cellulitis, since the body is less able to fight infection.

What to look out for

Cellulitis starts with a red, painful, hot, swollen and tender area of skin that will gradually spread without treatment. Blistering may occur. A general feeling of being unwell and/or tiredness may come before or at the same time as the skin symptoms.

When to get treatment

Cellulitis needs treatment with antibiotics at the earliest opportunity to kill the bacteria responsible. Antibiotics may be given orally if the infection is mild, or may require hospital admission and intravenous administration if severe. Any compression garments that are worn on the affected area may become too painful to tolerate, so compression should be reduced and, in some cases, removed until the infection is under control. Normal compression should be reapplied as soon as possible, according to your healthcare professional's instructions.

Reduce your risk of cellulitis

Cellulitis can be a recurring problem as simply having one episode increases the risk of it happening again. Recurrence




TOP TIP

Your healthcare professional may draw a line around the redness on your limb, or ask you to do so. This helps to monitor if the infection is spreading. If it is, the redness will move beyond the initial lines.



is particularly common in patients with venous insufficiency and lymphoedema, because of the fragility of the skin.

It is therefore important to keep skin healthy and in good condition to prevent breaks occurring, if you are at risk. This means good skin care and maintaining the

recommended compression regimen to promote wound healing and/or reduce any swelling present. Monitoring of the skin, regular moisturising and rapid treatment of any wounds, bites and scratches and areas of skin inflammation (eczema) should be carried out then monitored to ensure healing takes place. 



Dr Leanne Atkin, Lecturer Practitioner at the University of Huddersfield advises:

'Cellulitis is often misdiagnosed. Approximately one in three people are told they have cellulitis when in fact they don't. This is because there are several other conditions that can result in redness to the legs, including deep vein thrombosis, venous eczema and venous hypertension. If the redness is affecting both legs, as is common with venous eczema, it is unlikely to be cellulitis as it rarely affects both limbs. If you have any concerns or think you have cellulitis, arrange to be

assessed by a healthcare professional as soon as possible.

If cellulitis is diagnosed, patients are often told to stop wearing compression. This need not be the case; in fact compression can help to support the venous and lymphatic systems during the episode of infection. Every case is different so should be considered individually. Compression shouldn't be stopped routinely. Often, pain as a result of the infection means that compression cannot be tolerated. In this case, compression should be stopped but resumed as soon as possible once it is comfortable for the patient.'



What to look for at dressing change

Looking after your wound and changing your dressing is straightforward once you know how!

Remove your dressing

Remove your dressing taking care not to damage your skin. Look at the underside of the dressing before you discard it, to see if there are any changes in your wound, e.g. if there is any blood or pus present on the dressing. If your dressing is soaked through, you may need to change it more often, or change to a more absorbent dressing.

Check your wound


Look at your wound to see if there have been any changes since your last dressing change. Are there any signs of infection, e.g. odour or discharge from the wound? If so, contact your healthcare professional for advice.

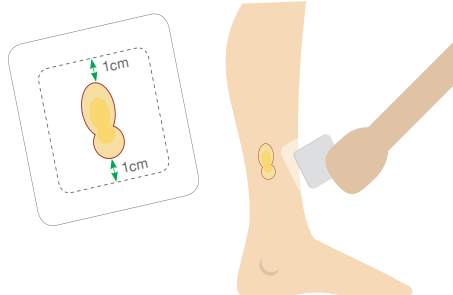
Check the surrounding skin

Check the skin surrounding your wound for signs of damage. If the skin surrounding your wound is wet, white and boggy, it may mean that wound fluid is in contact with your skin for too long. You may want to change your dressing more often, or change the type of dressing you use. If you are using an adhesive dressing, look for signs of

damage caused by the adhesive. This type of damage usually occurs where the dressing has been removed. If present, treat any breaks in the skin with antiseptic cream and contact your healthcare professional for advice. Ideally do not apply a new dressing on the damaged skin but do cover your wound if possible.

Apply your new dressing

Before you apply your new dressing, cleanse and moisturise your leg (see p. 8–11), taking care to moisturise up to the edge of your wound. Allow it to absorb before you apply your new dressing. Allow 1cm around the wound to the edge of the absorbent pad on the dressing. Ensure you follow the instructions for the dressing you are using to make sure it is applied properly. Change your dressing as advised by your clinician, or if it becomes loose or soggy. 





Why you need to keep wearing your compression

Compression therapy is key to managing venous and lymphatic conditions. To be successful in the long term, it helps to understand why wearing compression is important, and what choices are available, so you can find the right solution for you.

The management of a venous leg ulcer focuses upon healing the wound by using wound dressings and compression therapy, in addition to addressing any factors such as lifestyle choices that may also delay healing.

Compression is the most important part of care since it works by addressing the underlying cause of the ulcer — problems with the venous and lymphatic system, which if left untreated, result in

ulceration. Compression works by providing resistance to the muscles in the limb, helping to squeeze blood within the vessels, helping to clear congestion in the tissues.

What compression is best for me?

There are different ways of applying compression; hosiery kits, wraps and bandaging are some of the options available. Which product is used is influenced by factors such as the size of your

ulcer, if swelling is also present, the overall shape and size of your limb, what you prefer to wear and what your clinician recommends to manage your condition.





What causes venous leg ulcers?

Venous leg ulcers arise when the valves in the veins of the legs are not working properly and struggle to prevent the backflow of blood in the legs as it is returning to the heart. This means that some of the blood pools in the lower leg causing problems such as skin changes, swelling and eventually, ulceration.

You will know that your ulcer is venous as your healthcare professional should have carried out a thorough assessment to establish this.



To work properly, compression therapy relies on your leg shape being thinner at the ankle and wider at the knee. If your limb is swollen or if your wound needs a bulky dressing, this shape is lost, so a compression garment may not work correctly. If this is the case, you may need to wear bandaging for a short time so that padding can be used to restore the shape of your limb, to ensure your compression therapy works.

However, it is well recognised that compression bandaging can be bulky, hot, and uncomfortable, as well as inconvenient as normal clothing and footwear may no longer fit. It can affect your ability to bath and shower, and care for your limb. If you need bandaging, it is important to remember this phase of treatment does not need to be forever.

Once your wound has reduced in size and is producing less exudate, and any swelling has reduced, you can discuss other compression options with your healthcare professional.

Compression hosiery kits have been shown to be as effective as bandaging in healing venous leg ulcers and reducing the rate of recurrence in a recent trial. This means they can be used as an alternative for some people with a venous leg ulcer (if the limb is the right shape, and the wound not too big). They can be applied and removed by the wearer or carer, helping the wearer to self care without nurse visits needed for bandage application. Normal footwear can be used too. Hosiery kits are also ideal for preventing the recurrence of ulceration once your leg ulcer has healed. They are not suitable were the limb is swollen




and still reducing in size; this means the hosiery will become too big as limb volume reduces.

Compression wrap systems are also available that enable self-application. They have the benefit of being adaptable as limb volume reduces, making them an option for cylindrical shaped limbs with swelling that is reducing. See p.20 for more information on the advantages of compression wrap systems.

Whatever compression garment you wear, it should be worn as directed by your healthcare professional. Garments are usually worn during the day to aid venous return as you go about your daily activities.

While compression addresses the underlying cause of your venous ulcer, it is important that your wound and surrounding skin is also cared for to improve the chance of healing (see p.8–13 for detailed information on how to do this).

Once healed, continue to take care of your skin and keep it healthy by cleansing and moisturising.

Wearing a compression garment post-healing has been shown to prevent recurrence, while people who do not wear compression following healing have been shown to be at very high risk of their ulcer coming back. With this in mind, it is important to keep on wearing your compression to keep your legs healthy. 

Don't give up on compression!

In a study¹ of over 3000 patients who were prescribed compression hosiery for venous leg ulceration, treatment failure was often caused by non-wearing of compression. Reasons given for discontinuing with treatment were 'cutting off the circulation' and being 'too hot' to wear.

Another study² showed that failure to wear compression was related to pain, discomfort and difficulties with putting the compression on.

If you feel that discomfort or pain are stopping you from wearing your garment every day, speak to your healthcare professional about pain management, and alternative garment choices. Work together to find a solution that you are happy with. It may mean trying a variety of products but will be worth it once you find a solution you are happy with.

¹. Raju et al (2007) Ann Vasc Surg 21(6): 790–5; ². Chung and Davies (2014) CMAJ JAMC 186(10): E391–8



Get your compression self care all wrapped up!

Compression wrap systems provide an alternative to traditional bandaging and hosiery. They have a number of advantages, including ease of application, removal and adjustment. Read on to see if a wrap could work for you.

- Compression wrap systems are easy to use and apply. They wrap around the limb and fasten using adjustable fasteners.
- The ability to adjust the fasteners is an advantage for people with chronic oedema, who can adjust the fit of their wrap as their swelling reduces or increases.
- Compression wrap systems are great for people who are eligible to wear hosiery, but who struggle to apply and remove it, such as people with reduced dexterity arising from arthritis.
- The ability to apply and remove the wrap is also an advantage for personal hygiene, carrying out your skin care routine and for changing wound dressings.
- Using a wrap can also eliminate the need for appointments to have bandaging reapplied.
- Compression wrap systems have been designed to ensure that they deliver the right amount of compression to manage your condition.
- Wraps are also low profile, meaning they are not bulky and can be worn under your clothes and with normal footwear.





Top tips for hosiery application

Applying your hosiery can be tricky as the garment needs to be tight enough to work properly, but not too tight that you can't apply it. Here is a guide to making application easier!

1. Prepare your hosiery

To make your hosiery easier to put on, first turn it inside out. This can be done in three easy steps.

Reach: Slip your hand into the garment, as far as the heel.

Pinch: Grasp the heel and while still holding it

Fold: Fold the top of the garment down to turn it inside out. This will leave the toe area tucked in.



2. Apply your hosiery

Slip your toes into the front of the hosiery and gently pull up the foot.

Next, gather the hosiery from the top of the garment and gently pull towards the ankle and calf.



3. Adjust for comfort

Smooth out any wrinkles on the leg. Pull the toe section forward.

Smooth the ankle and in-step areas and make sure your toes are not restricted.



Repeat for your other leg, if required.

If you still have difficulty, you may need an application aid, such as ActiGlide. Visit Irselcare.co.uk for more information.



Daylong delivers compression straight to your door for free

Whether you need to get your first compression garment or need your usual garment renewing, follow our three step process to get it delivered straight to your door.

1. Clinic visit

First time

When you need a compression garment for the first time, you will need to see a healthcare professional to confirm that it is safe for you to wear compression and that it is the right treatment for you. Once your healthcare professional gives the go-ahead, you can discuss which garment is best for you, you will be measured and will then receive a prescription.

Renewal

If you have been wearing compression for a while, you may have a repeat prescription. This is a white form attached to your green prescription that enables you to get a new garment without seeing your clinician. If you have lost your repeat prescription, contact your healthcare professional to order a new one. Your repeat prescription is valid for 6–12 months, after which you will need a review to check your compression is still right for you, as there may have been changes in your general or limb health.

2. Prescription

Once you have your prescription, send it to Daylong using our **FREEPOST** address:

**FREEPOST RTHL-YUAG-GCST,
Daylong, 10 Cossall Industrial Estate,
Ilkeston, Derbyshire, DE7 5UG.**

You can request free envelopes from our customer service team, or write the address on a normal envelope.

Alternatively, You will need to ask your healthcare professional to send your prescription to us electronically using Daylong (reference No. FJ708) as the preferred dispenser.

Did you know you can nominate Daylong as your preferred supplier of compression hosiery today? It's a free and easy way to get your prescription for compression hosiery. Find out more at www.daylong.co.uk



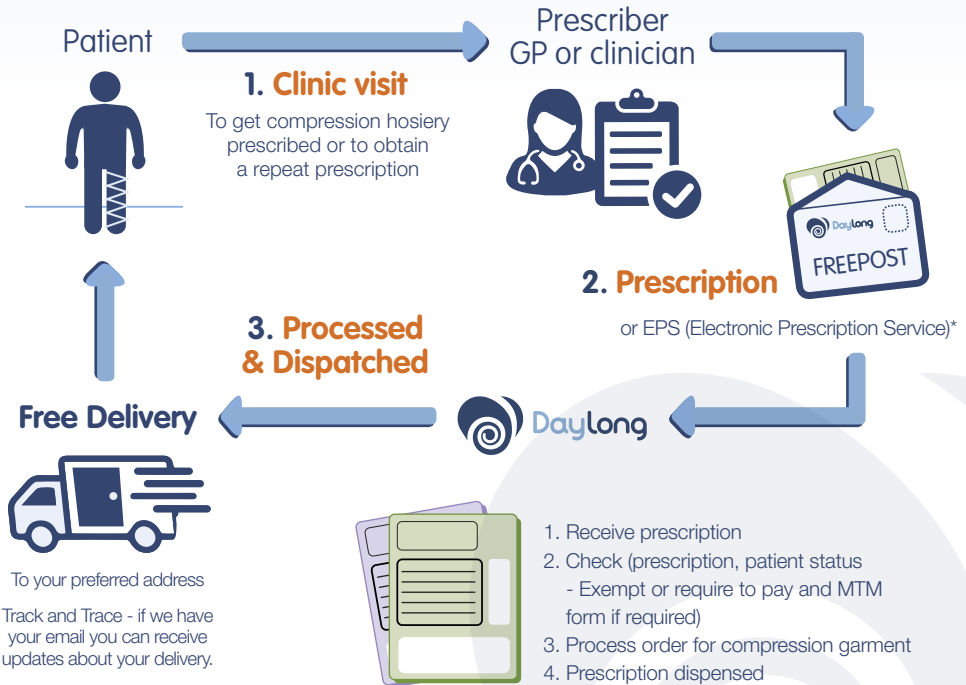
3. Processed & Dispatched

Once we receive your prescription, we will check that we have all the information we need, and will dispatch your garment straight to your door for **FREE** via first class post. Our specialist knowledge on compression hosiery and garments allows us to dispense prescriptions quickly, usually within 3-5 working days* on receipt of the prescription, direct to your preferred address.



RE-Mind
prescription service

The Daylong Re-Mind Reminder service lets you know when you need to order a **NEW** pair of compression garments on prescription. Our **FREE** service helps keep patients informed and empowered.



* Requires patient nomination



The Eatwell Guide to a healthy, balanced diet

The Eatwell Guide provides advice on what and how much to eat in order to maintain a healthy diet. Aim to achieve balance over the course of a day, or even a week, to feel the benefits.



Drink plenty of fluids: aim for 6-8 glasses a day

Water, low-fat milk and reduced sugar or sugar-free drinks including tea and coffee all count towards your daily fluid intake. Fruit juice and smoothies also count but they contain free sugars that contribute to tooth decay, so these drinks should be limited to 150ml per day.



Eat five portions or more of a variety of fruit and vegetables

Fruit and vegetables, whether fresh, frozen, tinned, dried or juiced, should make up a third of what we eat every day. They are an important source of vitamins, minerals and fibre.

A third of your food should be carbohydrates

Starchy foods such as potatoes, bread, rice and pasta are a good energy supply and the main source of a range of nutrients in our diet.

Eating the wholegrain option as often as possible is a great way to slow the release of energy from these foods, while also increasing your fibre intake. Choose wholewheat pasta and brown rice, or simply leave skins on potatoes. Remember, there are also higher-fibre versions of white bread and pasta available too.

Eat small amounts of unsaturated oils and spreads

Unsaturated fats are healthier fats that mainly come from plants, such as nuts and seeds. They include vegetable, rapeseed, olive and sunflower oils. Unlike saturated fats, they do not raise blood cholesterol.

However, all types of fat are high in calories and should be eaten sparingly.

Include an important source of calcium in your daily diet

Having a daily intake of calcium in the form of milk, cheese, yogurt or fromage frais is important for bone health. It is also a good source of protein and some vitamins. Try to go for low fat and low sugar products where possible, like skimmed milk, reduced-fat cheese or plain, low-fat yoghurt. Dairy alternatives such as almond and soya milk are also available.

Put some protein on your plate

Beans, pulses, fish, eggs and meat are good sources of protein, vitamins and minerals. Aim for at least two portions of fish every week – one of which should be oily, such as salmon or mackerel. Pulses such as beans, peas and lentils are good alternatives to meat because they're lower in fat and higher in fibre and protein, too. Choose lean cuts of meat and mince and eat less red and processed meat like bacon, ham and sausages.

Restrict foods that are high in fat, salt and sugar

Food such as chocolate, cakes, biscuits, sugary soft drinks and ice cream are not needed in the diet.

Aim to eat them as an infrequent treat and in small amounts.

Adapted from the Eatwell Guide, www.gov.uk/government/publications/the-eatwell-guide



Do's and Don'ts for lifelong leg health

There are steps you can take regularly to improve your leg health, and things you can avoid to prevent your condition worsening. So do what you can to help your legs!

DO...

- ...regularly moisturise your legs
- ...walk and exercise regularly
- ...eat a balanced diet and watch your weight
- ...put your feet up
- ...check your legs and feet regularly
- ...get treatment for any knocks or sores if around the ankle, particularly if you suffer from diabetes
- ...try to give up smoking

DON'T...

- ...cross your legs for long periods
- ...stand still or sit for long periods without moving around
- ...ignore any sores or irritations
- ...assume that your leg will just get better by itself
- ...remain inactive for extended periods, e.g. long journeys





Ways to help your compression to help you

Walking and moving your legs and feet gets your blood pumping without putting a strain on your heart or joints. If you move while wearing your compression, it helps it to work more effectively!

Walking

Walking while wearing compression provides resistance to the ankle and foot muscles, making them squeeze blood in the leg veins, helping it to return to the heart.

There are lots of different types of ways to walk, from a simple stroll to lengths of your garden. Even getting up and down during the TV adverts has benefits for your health. Only 4% of people can't walk at all, so its just a

question of getting started. Captain Tom aged 100 years recently showed us how great walking can be.

If you are new to walking, it is recommended that you start with 10 minutes a day and slowly build up the time you spend walking.

Try to also to increase your pace to develop your cardiovascular fitness. Most importantly, walking will boost your energy and mood, so make it a part of your day.

Armchair exercises

These simple exercises can also help to keep your legs and feet healthy so do as often as you can.

		
While sitting or lying down, flex your foot up and down...	...and rotate your ankle	While standing , move up and down



Staying well while staying at home

The Coronavirus outbreak means that many of us are spending more time at home, experiencing changes to our normal routine and facing uncertainty. However, there are things we can do to stay mentally well during this trying time.

Get practical

If you are concerned about making unnecessary trips outside, make some practical arrangements. Ask neighbours, family or friends for help with supplies or try to get them delivered to your door. The same applies for regular prescriptions, ask someone you know to collect it for you, or use a home delivery service.

Start a new routine

Life will be different for a while, disrupting our usual routines. Try to adapt and create a new routine. For example, you might want to plan your day or your week. If you are working from home, try to get up and get ready in the same way as normal, keep to the same hours you would normally work and try to go to bed on time.



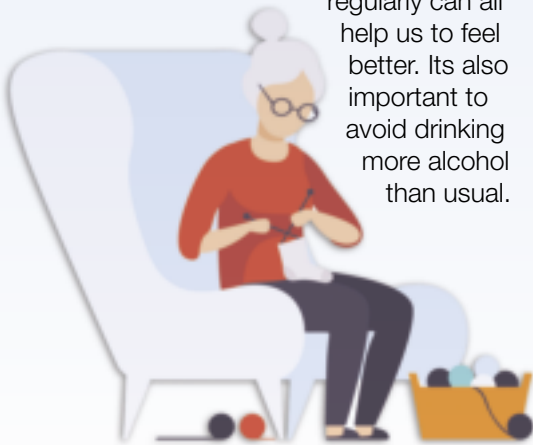


You might want to break your day or week into blocks, and allocate time to exercise, carry out chores or relax by doing an activity you enjoy.

Work it out

Without our usual daily activities outside of home and access to the gym or usual ways of exercising, it can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse.

Trying to eat well-balanced meals, drinking enough water and exercising regularly can all help us to feel better. Its also important to avoid drinking more alcohol than usual.



Do things you love

Make an effort to spend time doing things you enjoy. Reading, drawing, sewing, gardening and watching a film are all things you can do at home. If you want a challenge, picking something new to learn and make the most of the free resources online.



Limit the news

Try to set a specific time to catch up with the news, such as reading the paper in the morning, or watching the news in the evening. Keep informed but don't read all the information available on the outbreak. remember some sources such as social media may be unreliable.


Keep your mind active

Reading, writing, doing puzzles are all good ways of keeping your mind active by focusing on a task.

Keep in touch

Try to talk to friends and family using whatever method you prefer — phone, social media, or video call. Most people will be feeling the same, so will like to hear from you!

Get help if you need it

Remember all the usual services are open so if you are unwell or concerned (other illnesses continue during the pandemic) don't wait to see a doctor. If you are feeling low, anxious or depressed, feel unable to cope or keep yourself safe, you should contact your doctor to get the help you need. 



Gardening...can we dig it?

Yes we can!

If you are lucky enough to have a garden, you may already be aware that gardening can make you happier and has health benefits too.

- New research from the University of Exeter and the Royal Horticultural Society has shown that the health and wellbeing benefits from being in the garden are the same as those gained by living in a wealthy area.
- People who spend time in the garden experience increased physical activity and better psychological wellbeing whether working or relaxing, compared to those who don't.
- Other studies have shown that gardening or just being among nature releases cortisol that helps reduce symptoms of stress, anxiety and depression.
- Growing and looking after plants, including vegetables, whether in the garden or in pots on your windowsill, is associated with hopefulness for the future.
- When working in the garden, remember to wear your compression to avoid achy limbs, and try to keep your skin covered to avoid scratches, cuts and bites that could lead to a break in your skin and the risk of infection.
- Make sure you wear sunscreen to avoid sunburn and damage to your skin.
- Take regular breaks to avoid being on your feet for too long and stay hydrated.





ReadyWrap®

ReadyWrap® is an adjustable compression garment that helps support a multitude of venous and lymphatic conditions. Simple colour-coded VELCRO® fasteners make it very simple to put on and take off allowing you to manage your condition with ease.

Already wearing
ReadyWrap®?

Did you know
you can purchase
extra pairs?



To purchase an extra pair please visit:

www.extrapairs.co.uk or contact the friendly customer care team at **Daylong** on **0800 195 0160** to place an order

It is important that you wear your compression daily to achieve the maximum benefit

Please contact our Customer Solutions team on **08450 606707** or visit our website at: **www.lrsselfcare.co.uk**

L&R Medical UK Ltd, 1 Wellington Court, Lancaster Park, Needwood, Burton Upon Trent, Staffordshire DE13 9PS
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Squeeze In provides **motivation, knowledge** and **guidance** to help you make the small changes to improve your leg health

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