

# Advice about using Oedema Gloves

## Patient Information

Occupational Therapy Department



The Patient Information Leaflets page on the Trust website is available on the link:  
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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You have been provided with oedema glove(s) for your:

.....

## When to use the gloves

Your oedema glove(s) are designed to support the finger and thumb joints if you are experiencing pain and/or swelling. You should wear your glove(s):

- During daily activities
- At rest/night

## Exercises

If you are wearing your glove(s) during the daytime, you are advised to remove the glove(s) every 2 hours and gently move your thumb/fingers as shown by the occupational therapist. If you are wearing your glove(s) at rest/night, again carry out gentle hand exercises each morning when you get up.

## Driving

You are advised not to wear your gloves whilst driving.

**Please check the following each time you use your glove(s):**

## Your skin

It is important that you check your skin regularly for signs of pressure, irritation, changes in sensation or skin colour. When you first start to wear your glove(s), it is advisable to remove them every 30 minutes, gradually building up your tolerance to wearing them to a maximum of 2 hours at a time. At this point remove the gloves for at least 30 minutes. If you notice any skin changes, please remove the glove(s) and stop using them immediately and contact the Occupational Therapy Department for advice.

## The fit of your glove(s)

Your gloves should always fit well if there are any changes in the fit, remove immediately. If your gloves are not fitting correctly and you are still under the care of a Rheumatology Consultant, we will reassess your need for the glove(s). Contact the Occupational Therapy Department to arrange this. If you are no longer under the care of the Rheumatology Consultant and your

glove(s) was provided within the last 12 weeks, please contact the Occupational Therapy Department.

### **Cleaning your glove(s)**

Your glove(s) may be hand washed in lukewarm water and soap. Please dry away from direct heat.

### **Replacement of your glove(s)**

Following the provision of the gloves by the Occupational Therapist you will be provided with information to allow for private purchase if they are going to be required in the longer term.

### **Contact Information**

Your Occupational Therapist is: .....

Occupational Therapy: 01257 256306

Occupational Therapy Department  
Wrightington Hospital  
Hall Lane  
Appley Bridge  
Wigan  
WN6 9EP

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust  
Royal Albert Edward Infirmary  
Wigan Lane  
Wigan  
WN1 2NN

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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

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This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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