



What Is Compression Therapy?

Compression therapy uses specially designed garments or bandages to apply gentle, controlled pressure to your limbs.

This pressure helps improve the movement of blood and lymphatic fluid back toward your heart instead of allowing it to collect in your legs or arms.

Think of compression as giving your circulation a helping hand.

Why Does Swelling Matter?

Many people think swelling is simply uncomfortable.

In reality, excess fluid can interfere with your body's ability to heal.

When swelling increases:

- Oxygen has a harder time reaching damaged tissue.
- Nutrients are delivered less efficiently.
- Skin becomes more fragile.
- The risk of infection increases.
- Wounds often heal more slowly.

Reducing swelling helps create a healthier environment for healing.

Who Can Benefit from Compression Therapy?

Compression therapy may be recommended for people living with:

- Venous leg ulcers
- Chronic leg swelling
- Lymphedema
- Chronic venous insufficiency
- Certain types of lower extremity wounds
- Recurring leg ulcers

Your provider will determine whether compression therapy is appropriate for your specific condition.

How Does Compression Help?

Compression works by supporting your body's natural circulation.

Benefits may include:

- Reducing swelling
- Improving circulation
- Supporting wound healing
- Decreasing discomfort
- Lowering the risk of fluid buildup
- Helping prevent wounds from returning after they heal

Compression doesn't heal the wound by itself—but it often creates the conditions your body needs to heal more effectively.

What Types of Compression Are Available?

There isn't just one type of compression therapy.

Depending on your condition, your treatment plan may include:

Compression Wraps

Often used for active wounds and significant swelling. These multilayer wraps are applied by trained healthcare professionals and help manage swelling while supporting healing.

Compression Stockings

These specially fitted garments are commonly used after swelling has improved to help maintain results and reduce the risk of recurrence.

Adjustable Compression Devices

Some patients benefit from adjustable wraps that can be tightened throughout the day while remaining easier to apply independently.

Your provider will recommend the option that best fits your needs and lifestyle.

Common Questions About Compression

Should compression feel tight?

Compression should feel supportive and snug, but it should not cause severe pain, numbness, or discoloration of your toes or fingers.

If you experience these symptoms, contact your healthcare provider.

Can I remove my compression?

Always follow your provider's instructions.

Some compression garments are intended to be worn throughout the day and removed at night, while others—such as specialized wraps—may need to remain in place until your next appointment.

Never make changes to your treatment plan without discussing them with your care team.

Is compression uncomfortable?

It may take a few days to become accustomed to wearing compression.

Many patients find that as swelling improves, their limbs actually feel lighter and more comfortable.

Will I need compression forever?

That depends on the underlying cause of your swelling.

Some patients only need compression during the healing process.

Others with chronic conditions such as lymphedema or chronic venous disease may benefit from long-term compression to help control swelling and reduce the risk of future complications.

Your provider will guide you based on your individual needs.

Tips for Success

Compression therapy is most effective when it's part of your daily routine.

Here are a few ways to make it easier:

- Put compression garments on as directed by your provider.
- Keep garments clean and in good condition.
- Replace compression garments when they begin to lose their elasticity.
- Elevate your legs when recommended.
- Stay physically active to encourage healthy circulation.
- Report any changes in swelling, skin color, or discomfort.

Consistency is key. Wearing compression only occasionally limits its effectiveness.

When Should You Contact Your Provider?

While compression therapy is safe and effective for many people, you should contact your healthcare provider if you notice:

- Increased pain after applying compression
- Numbness or tingling
- Toes or fingers becoming pale, blue, or unusually cold
- Compression slipping or bunching
- New wounds or blisters
- Increased swelling despite treatment

Your provider can determine whether your compression needs to be adjusted.

Compression Is Part of a Bigger Picture

Compression therapy is one piece of a comprehensive treatment plan.

For the best results, it should be combined with:

- Proper wound care
- Swelling management
- Good nutrition

- Physical activity as recommended
- Management of chronic conditions such as diabetes or venous disease
- Regular follow-up appointments

Healing happens when all of these pieces work together.

Supporting You Every Step of the Way

At Aetherus Wound & Lymphatics, we know that compression therapy can feel unfamiliar or even intimidating at first. Our team takes the time to explain your treatment, answer your questions, and ensure you understand how compression fits into your overall care plan.

Whether you're managing chronic swelling, recovering from a venous leg ulcer, or living with lymphedema, we're here to help you feel confident in your care.

Compression therapy isn't just about reducing swelling—it's about improving comfort, protecting your skin, supporting healing, and helping you stay active and independent.