

Night Time Garments

Guidelines and Resources



*As presented at the BCLA 2nd Annual Lymphedema Awareness Day,
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What Are Nighttime Garments?

- Nighttime garments are meant to apply mild compression to your lymphedema while you sleep.
- Daytime garments, such as elastic compression sleeves, are ***not appropriate*** to wear at night. The compression is too high and they are prone to slipping, binding and creating a harmful tourniquet effect.



Who Should Wear Nighttime Garments ?

- If you have “creeping refill” while wearing compression garments ***you could benefit from nighttime garments.****
- If you have persistent localised skin thickening, ***you could benefit from nighttime garments.****

**See International Lymphedema Framework Best Practices Document*

Who Should Wear Nighttime Garments?

- If you wear a compression sleeve in the daytime, *you could benefit from nighttime garments.*
- If you wear a custom compression sleeve, *you could benefit from nighttime garments.*
- If you have fluctuation in your swelling, *you could benefit from nighttime garments.*

Nighttime Garments

- Give you a treatment while you sleep.
- Make it easier to put on your daytime garment.
- Make lymphedema and related disorders easier to manage.



Types of Nighttime Garments

Foam Liner with Straps:

Compression is applied by external strap system and must be calibrated by fitter, therapist or manufacturer.

Quilted Fabric with Foam Fill:

Compression comes from an outer sleeve, or from a combination of foam, fabric and custom fit.

Short Stretch Binders:

Can be worn day or night; no foam component.

Foam Liner with Straps



CIRC-AID[®]
Making Compression Easier.



BiaCare
Medical



**Graduate™ and
Measure-Up™**

The ReidSleeve People
Peninsula Medical
INC.



ReidSleeve Classic



MEDAFIT™

Quilted, Directional Channels & Foam Fill



JoViPak garments are worn with a compressive outer sleeve or short stretch bandaging in order to achieve an appropriate level of compression.



Solaris Tribute garments provide roughly 20-30 mmHg compression based on their custom-fit, foam and fabric alone.

Outer Jacket is an available option that provides approx. 10mmHg of additional compression if desired.



Short Stretch Binders



CIRCAID[®]
Making Compression Easier.

JUXTA&FIT[™]

FARROW
MEDICAL INNOVATIONS

FarrowWrap

SOLARIS
FREEDOM TO LIVE

READYWRAP[™]
MANUFACTURED BY SOLARIS

Short Stretch Binders

- Short stretch (sometimes called “inelastic”) binders such as JuxtaFit™, ReadyWrap™ and FarrowWrap™ do not have a foam component.
- They can be worn day or night, but the compression must be reduced for night use.
- Recommended for aggressive edemas that must be contained.

Nighttime Garments

Q. Who needs nighttime garments?

A. Anyone who wants to manage their lymphedema more successfully!



Thanks for your attention!

Any Questions?



More Info:

BiaCare Products: www.BiaCare.com

CircAid Products in Canada: www.Valco.ca

FarrowWrap Products: www.FarrowMedical.com

JoViPak Products: www.JoViPak.com

Peninsula Medical Products: www.lymphedema.com

Solaris Products in Canada: www.LymphedemaDepot.com