

# Compression Therapy:

## Compression pump use and care guidelines

### What is compression therapy?

Compression therapy uses pressure to help move blood and fluids in the arms or legs. It can be used to:

- Improve circulation
- Reduce **edema** [eh-DEE-muh] (swelling caused by fluid buildup)
- Reduce **fibrosis** [fye-BROH-sis] (hardening or scarring of tissues)
- Help wounds heal
- Prevent blood clots

Compression therapy can help treat or manage these medical conditions:

- **Lymphedema** [lim-feh-DEE-muh]: Swelling of the arms and legs that is caused by problems with the lymph system.
- **Deep vein thrombosis** [throm-BOH-sis] (**DVT**): A type of blood clot that usually forms in the legs. It may be caused by poor circulation, an injury, or long periods with little movement. **DVTs are dangerous.**
- **Venous insufficiency** [VEE-nuhs in-suh-FISH-un-see]: A condition in which the leg veins do not move blood back to the heart normally.
- **Venous stasis** [STAY-sis] **ulcer**: A shallow wound that develops due to venous insufficiency.

### How does compression therapy work?

Compression therapy uses a special pump and sleeve to apply controlled pressure around your arm or leg. The sleeve has a series of air chambers that are filled by the pump in a certain order. When all of the compartments are full of air, the pressure (squeezing feeling) is held for a moment, and then the air compartments deflate. This process repeats over and over and helps to move blood and fluid in the right direction.



### How do I use the compression pump?

Ask your healthcare provider to show you how to use the compression pump. When setting up the pump, follow these steps:

- 1 Make sure the pump controller is turned to OFF.
- 2 Place the sleeve on your arm or leg.
- 3 Make sure the tubing is not kinked or twisted.
- 4 Attach the tubing connectors to the pump.
- 5 Set the pump pressure to the setting prescribed by your doctor, which is: \_\_\_\_\_
- 6 Turn the pump controller to ON.
- 7 Continue the compression therapy for the amount of time prescribed by your doctor.  
Use the compression pump for: \_\_\_\_\_  
\_\_\_\_\_
- 8 Turn the pump controller to OFF when finished.

Refer to the manufacturer's website for additional information about your compression pump.

## Precautions

Follow your doctor's orders and notify them about any changes in your condition. **You should not use compression therapy if you have heart or lung disease or a skin or wound infection.**

## When should I call my doctor?

Call Intermountain Homecare & Hospice if you experience any problems with your compression pump: 1-800-527-1118

## Questions for my doctor

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Content created and approved by Intermountain Homecare & Hospice

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助。



© 2012–2023 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions or concerns. FSHC016 - 02/23 (Last reviewed - 02/23) Also available in Spanish.