

Compression Pump— *Use and Care Guidelines*

Why should I use a compression pump?

External compression pumps are medical devices that help stimulate blood and fluid movement. This therapy helps patients who have:

- **Lymphedema:** Swelling of the extremities caused by poor circulation of fluids.
- **Venous Insufficiency:** A condition where the leg veins do not move blood back to the heart normally.
- **Venous Stasis Ulcer:** A shallow wound that develops due to venous insufficiency.

It can also help patients avoid **Deep Vein Thrombosis (DVT):** A blockage in a deep vein that can be caused by long durations of little or no body movement.

Compression therapy can be used to:

- Reduce edema and swelling
- Reduce fibrosis and hard portions of limbs
- Aid wound healing
- Improve circulation
- Prevent blood clots
- Decrease the risk of complications from the conditions mentioned above.

How does compression therapy work?

A special sleeve is positioned on your arm or leg. The sleeve is made up of a series of air compartments. These compartments are filled with air by a tube connected to a pump. They fill in a specific order starting from the end of your arm or leg and moving toward the center of your body. When all of the compartments are full of air, that pressure or squeeze is held for a moment and then the air compartments deflate. This process repeats over and over so that your arm or leg is massaged by the filling and deflating of the air compartments. This helps to move fluid back toward your heart.



How to care for your compression pump

Set Up

- Make sure the pump controller is turned OFF.
- Position the sleeve correctly on your arm or leg.
- Make sure the tubing is not kinked or twisted.
- Attach the tubing to the pump making sure the connectors are firmly together.
- Set the pump pressure to the prescribed setting.
- Turn the pump controller ON.
- Continue the compression therapy for the time prescribed by your doctor.

Cautions

Compression therapy is not safe to use with some medical conditions (certain types of infections and heart or lung diseases). Follow your doctor's orders and notify him/her about changes in your condition.

Questions

Refer to the manufacturer's website for further information about your equipment. Call Intermountain Homecare & Hospice if you experience any problems with your compression pump.



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