



Suggested Clothing For Treatment Sessions

During the massage portion of your treatment (MLD), it's important that your therapist can provide skin to skin contact to maximize the effect of the treatment. During the compression bandage portion of your treatment, your limb will be wrapped, which will increase the size of the limb, making it difficult to fit the limb into the clothing that you normally wear.

Please read the recommendations below that apply to the limb that is being treated so that you can be prepared for your session so that we can provide the best possible treatment.

Leg(s)

For your treatment session, please wear (or bring with you to change into) loose fitting pants, shorts, or skirts to accommodate the bandage. Please be sure that if you wear loose pants, you can comfortably pull them up to your groin, as the therapist must access your entire leg for treatment. You will need to be prepared to wear loose fitting pants, shorts, or skirts throughout the day or to work while you are wrapped to accommodate the bandage. Please be prepared with footwear if you are being compression wrapped. You will need a pair of shoes 2-3 sizes larger than you normally wear. These do not need to be expensive, as you will only be wearing them for a short time (2-4 weeks average) while you are wrapped. The width is more important as the bandages will increase the width of your foot.

Arm(s)

For your treatment session, please wear (or bring with you to change into) a camisole or tank top to allow the therapist to access your entire arm. You will need a loose fitting top or jacket to accommodate the bandage. Please remember that the arm of a t-shirt needs to be large enough to accommodate the bandage.