

Garments



Compression Garments are a major part of life for many burn survivors. For some survivors, they can provide comfort and protection, but for others, they can be uncomfortable and stressful. When garments fit correctly, they provide even pressure therapy to scars and can offer great benefits like protection, itch reduction, and improved circulation in the short term. Garments ultimately help with skin stretching and softening thinner scars. Most survivors will find a great fit for their garments working with the fitter through the hospital, but if you would like a second opinion, here are additional resources and tips.

Statewide Resources

While there are many manufacturers of compression garments, there are two major companies that work with most burn units: Bio Concepts and Jobst, both have resources to connect you with a fitter.

Bio Concepts - <https://www.bio-con.com/>

Jobst - <https://www.jobst-usa.com/>

Wearing Instructions – Ideally, compression garments are worn 23 hours a day until your scars are fully mature. Garments are meant to benefit the wearer over time.

Why? – When getting used to garments, some survivors wonder “Are these even doing anything?” They are! Compression garments can have many benefits, including:

- Flattening, smoothing, and softening scars
- Decreased itching and increased protection from scratching
- Improving circulation and decreasing pain
- Inhibiting the growth of hypertrophic scar tissue
- Increasing flexibility

Troubleshooting

Garments are meant to provide comfort and safety but can be a cause of stress if you run into problems.

Fitting – Garments are meant to be tight to provide constant pressure. This also means they can be uncomfortable. You want to work with your fitter, as well as your medical team to make sure you are getting the right sizing. If garments are too uncomfortable to wear or completely loose, they are useless. It’s important to make sure you work with your team to find a fit that provides pressure while still being bearable.

Stretching – As garments age, they will also begin to stretch and loosen in areas, but this does not mean that the garment is useless. Working with your care team you may be able to add silicone or padding to areas that are loosening to continue to add beneficial pressure on your burns and donor sites.



For any additional questions or support navigating any of the resources listed above, please contact AARBF:

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