

To those who wear a truss.

IT IS MOST IMPORTANT that the following points are observed:

1. The truss should be worn constantly during the day and put on before rising in the morning; it may be dangerous to walk about without the truss unless your doctor permits it.
2. The hernia must be returned into the body before wearing the truss; failure to do this may cause internal damage.
3. The hernia should not be allowed to descend at all if possible.
4. The truss should be worn next to the skin and not over a garment or it may slip.
5. With elastic band trusses always keep the belt tight enough to hold the rupture.
6. Cleanliness, and the application of spirit or dusting powder to the skin, will alleviate chafing but spirit must not be allowed to get onto an elastic band truss as it will damage the rubber.
7. The truss should be removed at night unless you have a cough, although elastic band trusses are sometimes used to control ruptures during sleep.

If you feel the truss is not comfortable or the truss fails to retain the rupture then please get in touch with your truss fitter; he will be able to advise you and may well be able to make the necessary adjustments immediately. If this is not possible ask your doctor to advise you and always seek your doctor's help at once if you have pain in the rupture.