

# COMPRESSION THERAPY

Start right!





## OUR ASPIRATION: YOUR WELLBEING

We would like to make your introduction to compression therapy as easy as possible. Therefore we have compiled some useful tips for you in this brochure. What should you be aware of? How do I put the compression garment on properly and how do I look after it? Which accessories make it easier to put on the compression garment? Here, we will try to answer your questions – for a life in motion!

### INNOVATION WITH EXPERIENCE

We at Juzo are passionately developing medical aids which help patients through all the stages of their therapy. Our high-end, trend setting compression products are already being exported to over 60 countries. But we have remained a family business which is now being run by the fourth generation of our family. Our compression garments, bandages and orthoses are made with the latest technology to provide patients with the best solutions for them and meet every demand.

Our products aim to improve your quality of life and ease your discomfort sustainably – as in for a long time.

Find out more information about Juzo at [www.juzo.en](http://www.juzo.en)

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# COMPRESSION GARMENTS

## YOUR NEW DAILY COMPANION

Your doctor has prescribed a compression support which you must wear every day from now on to support you in the best possible way. For it to be as medically effective as possible and for you to be able to retain the results of compression therapy, it is vital that you wear your compression support every day.

We want to make this new challenge as simple as possible and have provided you with some useful information.

Let's start with the most important thing: A perfectly and optimally fitting compression support should not be constrictive or slide down. Using your body measurements, specially trained experts will recommend a compression support which will be made to fit you perfectly and precisely. Get the fit checked regularly in a specialist shop in the future.

Compression garments fit very closely like a second skin. This is why it can be particularly difficult at the start of the therapy to put it on when you don't have any experience and it can take some getting used to. Don't be disheartened, with practise and useful aids, it will get easier to put it on over time. And of course there are some helpful tips to make you better at putting on your compression garment.

## GOOD TO KNOW

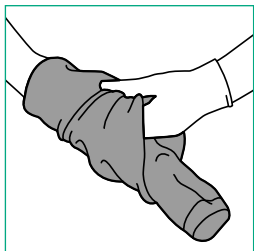
- ▶ Always put your compression stockings on in the morning straight after you get out of bed. This is when your legs are slimmest as they haven't got going yet. This makes it easier to put them on. This doesn't apply to compression support for scar therapy where the support must be worn continually for 24 hours.
- ▶ Wear Juzo Special Gloves when putting on the compression garment. This allows your compression garment to mould to your arm or leg. It also stops the fabric from being damaged.
- ▶ Ensure that your hands and fingernails are well kept and remove jewellery before putting the garment on.
- ▶ Moisturise your skin (e.g. with Juzo Vital Balsam 7) as wearing the compression garment regularly can dry it out. It is best to moisturise daily after taking off the compression garment.

# DONNING

## EXPLAINED SIMPLY IN A FEW STEPS

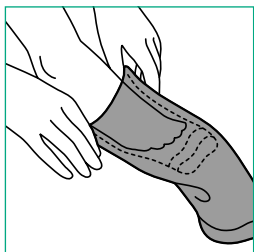
Here we will show you the easiest way to put on a compression stocking without using an aid. Let the specialist trade help you the first time, they will be happy to do so. With a bit of practise, donning will get easier in time.

### Compression stockings



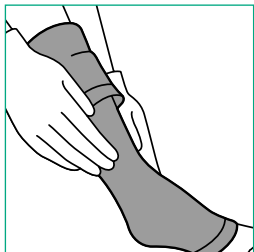
#### STEP 1

Turn the compression stocking inside out up to the heel. To do this, reach into the stocking, grab the foot part and pull it out up to the heel.



#### STEP 2

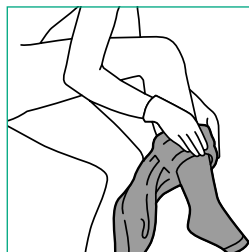
Stretch the foot opening with both hands and slip your foot into the stocking. Pull the foot part over half of your foot. It's important that the heel material sits directly on the heel.



#### STEP 3

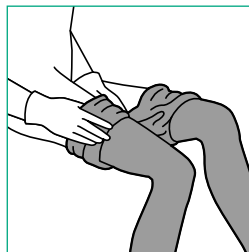
Work it little by little from your foot up your leg. It's important that you do not pull on the material or the edges. In the end, the stockings should be even and wrinkle-free.

### Compression tights



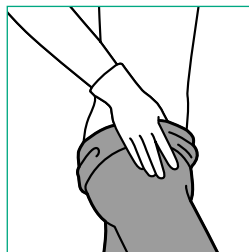
#### STEP 4

Follow steps 1 – 3 for the compression stockings and repeat these steps for the second leg. Pull the tights on both legs up to your knees.



#### STEP 5

Pull the tights up little by little on both legs and ensure they are sitting correctly and there are no wrinkles.

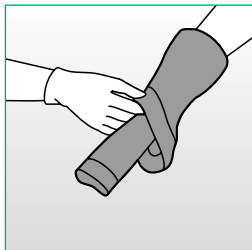


#### STEP 6

Finally, pull the top up to the waist. The gusset should be perpendicular to your crotch.

Do not overstretch your stockings or tights! The compression stockings will be moulded to your legs in stages, from bottom to top. Do not pull them up in one go. If you pull the stockings up too high, push them down to your ankles and start again but with less force.

## Compression sleeves

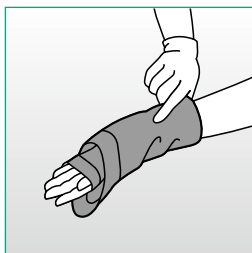


### STEP 1

Turn half of the sleeve inside out.

#### TIP!

Wear a Juzo Special Glove on your other hand to make it easier to put the compression sleeve on.



### STEP 2

Slip the sleeve over your hand and work it up your arm up to the elbow.



### STEP 3

Mould the inside out part of the sleeve over the elbow and pull it in stages towards your shoulder.



### STEP 4

Distribute the material of the sleeve so that there are no wrinkles. If the sleeve is sitting perfectly and flawlessly then it will not squeeze uncomfortably, dig in or limit your movement.



# DONNING AND DOFFING AIDS

## YOUR USEFUL EVERYDAY AID

To make you happy to wear your compression garment every day, Juzo is constantly working to provide you with the highest level of comfort by using the best quality materials. In addition, we aim to make donning and doffing and caring for your support easier for you. With the special Juzo donning and doffing aids, the compression garments can be put on simply, quickly, correctly and without external help or physical strain. The garment can only have a positive medical effect if worn daily.

Juzo donning and doffing aids are available for stockings and tights as well as sleeves and ribcage support. While your garments are being fitted, get the specialist trader to also show you how to use the Juzo donning aid which is perfectly suited to your care and needs.

Let us show you the various kinds of Juzo donning aids:

### Juzo Easy Fit

If you have limited mobility but have to wear compression stockings daily, then the aid Juzo Easy Fit will be the best for you. With the Juzo Easy Fit, it is not just easier to put on the compression garments, it also means you barely have to stoop. The aid is used when sitting which reduces the risk of a fall. Your stockings will also be stretched slightly by the metal frame of the Juzo Easy Fit which makes it easier to put it on. A silicone coated retaining element which fixes the stocking to the metal frame makes it easier to take off your compression support without great strain.

Find an extensive how-to guide on the following pages.

### Juzo Arion donning and doffing aid

The Arion aid for putting on and taking off compression garments Juzo Arion makes it possible to easily and quickly put on and take off medical compression garments such as compression stockings, tights and sleeves without external help and without a lot of physical effort. It stands out due to its particularly low friction material which is also very tear-proof. This means that delicate or damaged skin is protected and not damaged any further.

The Arion aids are easily folded small and are good to take with you or when you are travelling. Thus, you can have this useful helper always to hand.

### Juzo Slippie

This slip-on aid (made from tear-proof Tyvek) is available especially for stockings and tights with open toes, compression sleeves and elbow bandages.

### Juzo donning aids

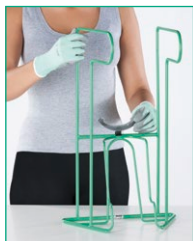
The smooth nylon fabric of the aid makes it easier to put on open toe stockings and tights.

#### TIP!

Find video guides for all Juzo aids at  
[www.juzo.com/en/donning](http://www.juzo.com/en/donning)  
[www.juzo.com/uk/donning](http://www.juzo.com/uk/donning)

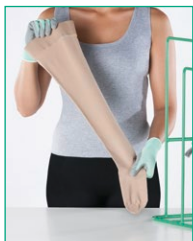
# INSTRUCTIONS FOR DONNING AND DOFFING COMPRESSION GARMENTS

## Donning made easy with Juzo Easy Fit



### STEP 1

Turn the retaining element down backwards.



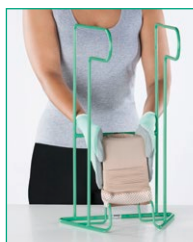
### STEP 2

Pull the stocking straight.



### STEP 3

Take the stocking with both hands at the top edge and pull this over the shaft of the Easy Fit. The toe of the stocking is facing away from the aid.



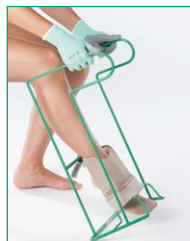
### STEP 4

Pull the stocking so far downwards over the shaft that the heel seam is visible from the edge of the shaft.



### STEP 5

Sit on a chair and hold the aid with the hand grips at a slight angle. Slip so far in the foot section of the stocking that the heel can no longer be seen.



### STEP 6

Push your foot so far into the foot section that the tips of your toes can be seen under the shaft. Now angle the Juzo Easy fit almost vertical. Raise your toes and at the same time exert pressure through your heel. Your foot will easily slide into the stocking. Now put your foot flat on the floor (practise this!).



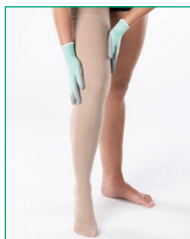
### STEP 7

Pull the stocking in several stages up to knee height with the Juzo Easy Fit and carefully slip the aid out from under the stocking.



### STEP 8

Take the stocking in both hands and pull it up in stages up to your thigh.



### STEP 9

Distribute the material evenly on your leg and avoid making wrinkles.



## INSTRUCTIONS FOR DONNING AND DOFFING COMPRESSION GARMENTS

### Doffing made easy with Juzo Easy Fit



#### STEP 1

Take the stocking with both hands and pull it down towards your knee.



#### STEP 2

Sit on a chair and put your leg in the Juzo Easy Fit so that your calf touches the upper arch of the access shaft. Pull the edge of the stocking from the top over the shaft until the height of the heel.



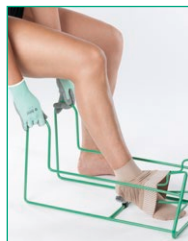
#### STEP 3

Pull the entire stocking with both hands as far down as the access shaft allows.



#### STEP 4

Fold the retaining element upwards towards the edge of the shaft with both hands until it snaps in place. The stocking is now fixed to the Juzo Easy Fit.



#### STEP 5

Now put the Juzo Easy Fit on the floor. Take a firm grip on the hand holds with both hands and put your other foot on one of the lower braces. Lift your stockinged foot to the height of the access shaft. The heel is above the retaining element.



#### STEP 6

Pull your foot out of the stocking with your foot parallel to the floor. Make sure that you do not pull your foot up at an angle.



#### STEP 7

Unlatch the retaining element. The stocking can easily be taken out of the Juzo Easy Fit.

### WARNING!

Never pull the upper edge of the stocking and fold down any adhesive edges before putting it on or taking it off.



# THE RIGHT CARE

## HOW TO CLEAN YOUR COMPRESSION GARMENT



Wash your compression garment daily – this is the only way to retain its elastic properties for a long time. Residue from skin cells, ointments, dirt and dust particles have a sanding effect on the yarns and fibres. The residue can only be completely removed with regular washing and this increases the lifespan of the compression garment.

We recommend that you use the gentle Juzo Special Detergent.



Your compression garment can be washed in the washing machine on a delicate cycle (up to 40 °C).

**WARNING:** Do not use fabric softener as this affects the compression fibres!



Rinse thoroughly if handwashing, do not wring the material.



All fasteners must be securely closed before washing.



We recommend that you turn compression garments with adhesive inside out before washing.



Drying time can be shortened by lying the compression garment on a thick terry towel, rolling it up tight and putting pressure on it. Now hang it up.

**IMPORTANT:** Do not leave it lying on the towel and do not leave to dry on the radiator or in direct sunlight. If using a tumble dryer make sure you use a gentle drying programme. Products containing cotton cannot be tumble-dried.



Compression garments cannot be dry cleaned.



Always follow the care instructions in the instructions for use and care and on the label on your compression garment.

### TIP!

For best results, wash the garment in a mesh wash bag to protect the material.

# ADDITIONAL PRODUCTS

## LOOK AFTER YOURSELF AND YOUR COMPRESSION GARMENT

As well as donning and doffing aids, Juzo has supplementary products which make wearing and caring for your compression garment as easy as possible – to give you the best support every day!

### Juzo Special Gloves

With the Juzo Special Gloves you are protecting the material and stopping your fingernails or jewellery from damaging it. The textile glove also makes it easier to put it on as it has a special coating which makes it easier to grip the fine compression material and adjust it. It helps the compression garment to mould to your body without wrinkling.

### Juzo Vital Balsam 7

Because wearing compression garments regularly can dry out the skin, it is particularly important to look after your skin every day. The special skin care gel, Juzo Vital Balsam 7, is the perfect addition to your compression therapy. The gel cares for and cools the skin without leaving a film of grease behind. Because the lotion absorbs quickly, you can put on the compression garment straight after applying it. The skin care gel contains high-end cosmetic agents such as panthenol, vitamin E and menthol. Valuable natural extracts from red vine leaves, horse chestnut and arnica blossoms promote circulation and support the regeneration of stressed skin.

### Juzo Adhesive Lotion

To stop compression garments from sliding down, Juzo offers a special adhesive lotion. Compression garments with tricot edges or knitted edges can easily be fixed to your arm or leg. The lotion is particularly skin friendly and is easy to wash off your skin.

### Juzo Special Detergent

It is important to wash your compression garment daily to retain the elastic properties of the fabric for a long time and to remove residue of skin cells, ointments and dirt from the material. This is the only way to ensure the longevity of your compression garment.

We recommend you use Juzo Special Detergent to wash your compression garment. Thanks to its formula, it washes it very gently. By not using phosphates, enzymes, bleach and colour brighteners, the fabric is protected and cared for.





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