



Prepare to start a **NEW HABIT**



Wearing
compression
garments has
never been easier.





Prepare to start a NEW HABIT

The most important thing to remember about compression garments is to wear them everyday. The following tips and tools will help you put on your garments. Wearing your compression garments will deliver the medical therapy your physician recommends. It's a habit worth starting.

Helpful Hints:

Compression garments are easiest to put on when you first get out of bed in the morning, before swelling might occur.



- Limbs should be dry or have a thin layer of cornstarch or powder applied.
- Remove rings and jewelry, and wear rubber gloves to prevent fingernails from damaging the garment.
- Use rubber gloves to help create friction and provide more grip.
- Spread the fabric evenly – working upward using the rubber gloves for grip.
- Don't "roll" or "gather" or "bunch up" the fabric, as that will create a sensation of trying to stretch 100 rubber bands.
- Use a moisturizing creme or lotion, such as Eucerin®, on your skin in the evening, when you take off your garments.





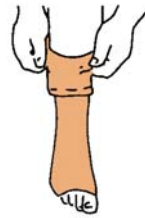
Heel Pocket Out Method

1. Turn your stocking inside out by putting your hand inside the stocking, grasping the heel and pulling it inside out.



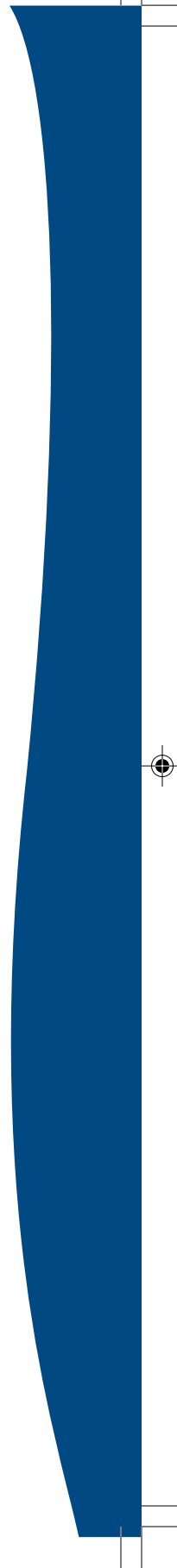
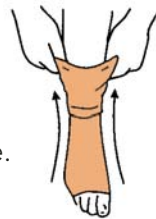
2. Open the stocking and slide your foot in until your toe and heel are positioned correctly.

3. Grasp the top of the stocking and pull up over your ankle and calf until in place.



Pull-On Method

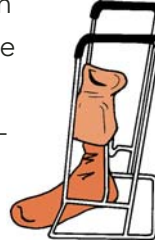
1. Grasp the stocking at both sides of the top.
2. Pull onto foot and up the leg as far as possible.
3. Chose a position on the leg where you can grasp the stocking on both sides again and pull up as far as possible. Fold the excess fabric back down onto your leg rather than allowing it to bunch or roll.
4. Grasp the stocking at the top and pull out the fold.
5. Repeat until the heel is in place.





Jobst® Stocking Donner

1. Place your Jobst compression stocking inside the semi-circle frame and pull the top of the stocking down over the semi-circle. The heel of the stocking must face the back of your Jobst Stocking Donner.



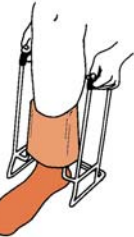
2. Continue to slide the stocking down over the semi-circle until the heel is centered and even with the top of the semi-circle.



3. While sitting, insert your foot into the stocking until your foot is completely on the floor.



4. Grasp the padded handles and gently pull the Jobst Stocking Donner and stocking up the leg until the stocking is above the calf.



5. Pull the Jobst Stocking Donner backward and down, free of the stocking.

6. Be sure the heel of the stocking is properly placed on the foot, then adjust the length and smooth out any wrinkles by stroking and smoothing with the palm of your hands.





Easy Slide® for Closed Toe Stockings

1. Hold Easy Slide for Closed Toe Stockings with the bright green loop on top of the foot and the pink loop on the bottom. Slide your foot into the Easy Slide for Closed Toe Stockings.

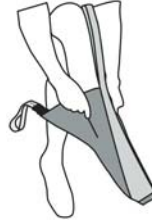


Photo #1

2. Slide your Jobst compression stocking over the Easy Slide for Closed Toe Stockings until the heel pocket is in place and the stocking is up to your ankle.

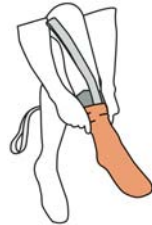


Photo #2

3. Pull the pink loop (#1) toward you to release the Velcro fasteners. *Photo #3*



4. Pull the green loop (#2) and remove the Easy Slide for Closed Toe Stockings from underneath your stocking.

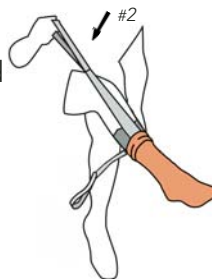


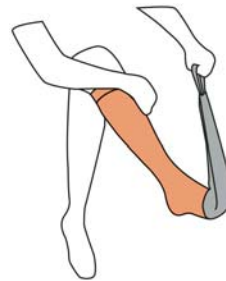
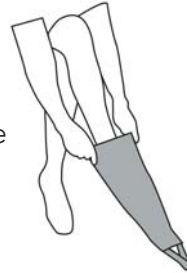
Photo #4



Using Easy Slide®

with open toe stockings

1. Spread open the Easy Slide and slide your foot in.
2. Slide your Jobst open toe style stocking over the Easy Slide until the heel pocket is in place. Continue to work stocking up your leg.
3. Grab the loop through the open toe area and pull. Adjust your stocking if necessary.



Use Easy Slide with a piece of foam:

- Place the foam on the floor in front of you.
- Place the Easy Slide over your foot.
- Pull the stocking on your foot.
- Push your heel down and away on the foam to move the stocking heel in place.
- Continue to pull the stocking up your leg and follow directions from number 3 above.

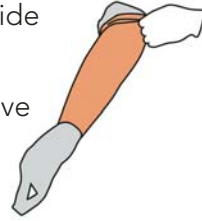




Using Easy Slide®

with armsleeve

1. Spread open the Easy Slide and slide your arm in.
2. Slide your Jobst armsleeve over the Easy Slide.
Continue to work sleeve in place.
3. Grab the looped end or hook the loop on a door handle and very slowly pull the Easy Slide off. Secure the armsleeve at your shoulder with your free hand as you remove the Easy Slide. After the Easy Slide passes your elbow, secure the sleeve at the elbow with your free hand. Adjust your armsleeve, if necessary.





Easy Off®

1. Take the Easy Off in both hands and slide it over the stocking, keep the pull tab to the right of the leg.
2. Fasten the loop to the Velcro® fastener as tight as possible, above the ankle.
3. Turn down the Easy Off over the Velcro fastener.
4. Pull the stocking over the heel as far as you can.
5. Open the Velcro fastener by pulling the loop. Let go of the loop. Pull the stocking and the Easy Off from your leg.
6. Remove Easy Off from the stocking and fold flat in preparation for next use.



Jobst's #1 goal is patient satisfaction. Hopefully, these tips and tools have provided you with information you need to wear your compression garments. For additional information on the benefits of compression garments, visit www.jobst.com or call 1-800-537-1063.

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