

Instructions for Use and Care of your Juzo Sleeve

Put your sleeve on in the morning, just after getting up / having a shower, no moisturiser. Moisturiser can, over time, wear away at the elastins in the sleeve, therefore voiding the compression guarantee.

Sleeves are designed for day use, although can be worn for the duration of a long-haul flight*. It's not recommended to sleep in due to the risk of fabric moving and creasing. See your Doctor before wearing at night. There are suitable night garments available if required.

The compression in your Juzo garment is guaranteed for six months of daily wear, if washed daily and care instructions have been followed. Rough, unfiled finger nails or sharp-edged rings etc. may damage the very fine fabric. We therefore recommend the use of Juzo Fitting Gloves.

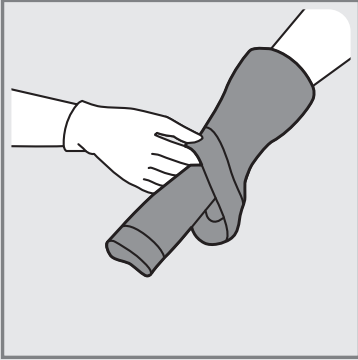
Remember to wash your sleeve daily – this will ensure it maintains its compression and also remove any oils or flaky skin that may cause irritation or infection for the wearer. Wash compression garments separately for the first time as they may lose some colour. Most non-fragrant laundry powders are fine, do not use regular hand or body soap, fabric softeners or wool washes as these can shorten the life of your garment. Only a small amount of powder is required when hand washing (if the water is too soapy it could affect the garment's adherence to the body). Hand-wash inside out in luke-warm soapy water (preferably a powder as liquid and sunlight soap can leave a residue). Rinse well. If washing the garment by hand, avoid wringing the garment. To dry, lay on a towel, roll and squeeze out most of the water. They can be machine washed inside out on a delicate cycle at 40°C within a laundry net. Place in a hot-water cupboard or on a towel over the towel rail at night or in an area they will get air-dried easily.

For first-time users, it is a good idea to 'wear in' your sleeve, so opt to wear for approx. 3 hours on the first day, increasing by approx. 2 hours each day thereafter until you can wear all day.

*For wearing on flights: put your sleeve on before you leave home. Wear for at least 2 hours after you land. It is OK to wear your sleeve on long-haul flights – it is best if you have worn it a few times prior to flying.

Putting on your Juzo Sleeve

1. Turn the sleeve inside out, except for the wrist end and put onto your wrist.



2. Work sleeve up onto arm, gradually going up the arm. Be careful with nails, it is very easy to put a hole or ladder in your compression garment.



3. Smooth the whole sleeve gradually up towards your armpit, finishing approx. 2 cm below the crease to spread the fabric evenly, smoothing it as you go to ensure no bunching or wrinkling occurs. (Juzo Fitting gloves are a handy aid for ensuring a proper fit).



4. Remember not to pull on the topband. This will overstretch the sleeve and if it has a silicon border, this may tear the stitching. .



Remove sleeve by folding down towards wrist – it should just ‘pop’ off. Care - again do not pull by the topband. It is now inside-out and ready for laundering.

Please refer to the complete Juzo guidelines within the packet for more detail.

Please refer to the detailed instructions in the Juzo Product pamphlet, enclosed in the packaging.