

# Instructions for Use and Care of your Juzo Stockings

Put your stockings on in the morning, just after getting up / having a shower, no moisturiser (unless recommended by your health professional). Wearing moisturiser under your stockings can, over time, wear away at the elastins in the stockings, therefore voiding the compression guarantee.

Stockings are designed for day use only, although can be worn for the duration of a long-haul flight. Ensure for flights you put your garment on at home before heading to the airport and leave garment on for several hours after landing.

It is not recommended to sleep in compression garments 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 rings etc. may damage the very fine fabric. We therefore recommend the use of Juzo Fitting Gloves. Toe nails and calluses can also cause damage, as can defective inner lining of shoes.

Remember to wash your stockings daily – this will ensure they maintain their 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.

Note for first-time wearers: It is best to 'wear in' your compression stockings, 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.

\* If worn infrequently eg. travel. Garments will not need to be replaced as frequently.

## Putting on your Juzo Stocking

When putting on or removing your garment, ensure you avoid bunching the material; this can cause difficulty and sometimes discomfort – try to keep as single a layer as you can throughout.

Please use your Juzo slip-on aid for putting on open toe stockings.

Juzo Fitting Gloves are a handy aid for ensuring a proper fit by spreading the compression/ weave of the stocking evenly. They also reduce the risk of snagging or damaging the stocking.

1. Turn stocking inside out, except for the foot part.



2. Take stocking, folded over itself, in both hands and slip your foot into it until the stocking is secure on the foot. The heel does not need to be in place at this point.



3. Turn stocking back over itself onto foot and pull it over the heel.



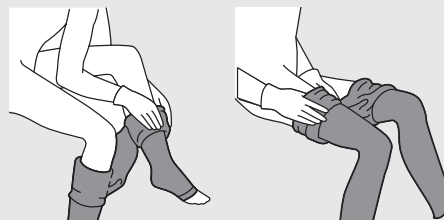
4. Do not pull on the topband – this will over-stretch the stocking and if it has a silicon border, this may tear the stitching.



5. Smooth the whole stocking gradually up towards your knee (finishing about 2 cm below the crease of your knee for a below knee stocking), smoothing it around the heel and up your leg with Juzo Fitting Gloves.



6. If you have a thigh-high stocking or pantyhose, take the stocking above knee toward upper thigh area, smoothing as you go, ensuring no bunching. Distribute the fabric in stages from the bottom to the top.



Remove stockings by folding down towards ankle, working gradually and avoid bunching into ankle before removal. Care - again do not pull by the topband.

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