

## Here's how to properly care for your Juzo® compression stockings or pantyhose

- **Wash your stockings daily**

to ensure their elastic properties are retained for a long time. Skin flakes and dust particles from the environment will have an abrasive effect on the yarn and fibres of the stocking. Only regular washing will remove these materials.

- Your stockings can be washed in the washing machine using the gentle or delicate cycle (up to 40 °C). Please do not use any fabric softener!

- If washing by hand, rinse thoroughly and do not wring. We recommend using our mild Juzo® Special Detergent.

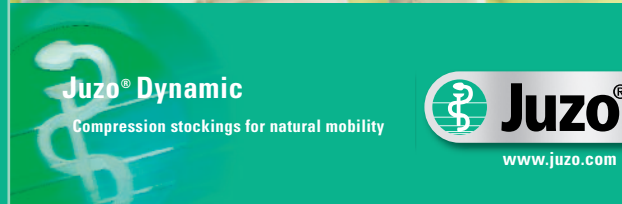
- We recommend turning stockings with an adhesive border or lace border inside out before washing.

- Velcro fasteners (if present) should be done up before washing.

- To reduce the drying time, you can place the compression stocking/pantyhose on a thick terry towel, roll it up tightly and squeeze it firmly. Hang loosely afterwards. Do not leave them in the towel and do not place them on a heater or in the sun to dry. If drying them in a clothes dryer, please use the gentle setting. (Products with a cotton component are not dryer-safe.)

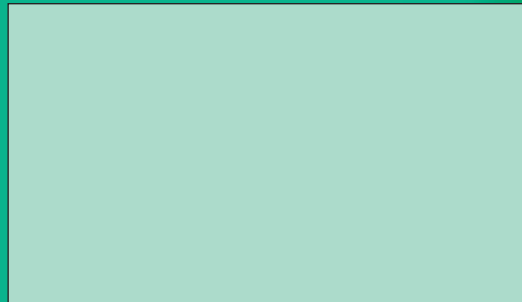
- Do not use chemicals to clean the compression stockings.

- Please observe the care instructions on the textile label sewn onto your Juzo® compression stocking/pantyhose.



An ideal and easy introduction to compression therapy

This information was brought to you by:



## Doing everything right from the beginning

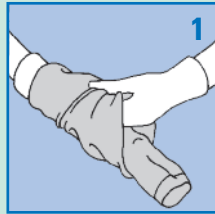
### An easy start guide to compression therapy

# Tips to make putting on compression stockings easier

Put on your compression stockings/pantyhose in the morning just after getting up because this is when the circumference of your legs will be smallest.

We recommend that you use rubber gloves. These are excellent for shaping the stockings to your legs, and will also prevent your fingernails or sharp-edged rings from damaging the fine stocking mesh.

For open-toe stockings, use the free Juzo® Slip-on aid included in the product packaging. Your medical products supplier will demonstrate how to use it correctly.



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



2 Using both hands, stretch the doubled-up part of the stocking and slip your foot in up to the heel.



3 Refold the long leg section back on itself (doubling up again) and pull the foot section over the heel.



4 Now slide the stocking mesh upwards in sections towards the knee while using a flat hand to shape it to your leg. Don't pull on the top edge!

**Tip:** Fold over the top band (if present) before putting on the stocking.



5 Compression pantyhose: turn inside out also, except for the foot section. First slip into one foot section, and then slide the leg section upwards to just below the knee as described above.



6 Repeat the procedure for the second leg.



7 Once you have pulled both leg sections up to below the knees, invert the remaining stocking sections again and gradually slide them up both legs towards the crotch. Use a flat hand to smooth out the stocking.



8 Now pull the abdomen section up to the waist. Make sure the gusset is aligned vertically in the crotch.

**Note:** Do not overstretch the leg sections of the compression stocking in the lengthwise direction.

**Juzo® Slippies – an innovative solution for making putting on and taking off stockings even easier**



**Juzo® Slippies are available for compression stockings and pantyhose, and for both open and closed toe styles.**

**Putting on and taking off stockings is now even easier – all it takes is some effortless foot movements on the special Juzo® Easyypad.**



**The ergonomically designed Juzo® Slippies adjust to any foot size or leg shape. Thanks to the special "Tyvek®" material, they are extremely light, water repellent and practically tearproof.**

**You will be delighted with how easy they are to use.**

**Ask your medical products supplier about Juzo® Slippies.**