

sigvaris

Live your life. Be yourself.



Coolflex Standard Calf

Patient Aid

Coolflex Standard Calf

Inelastic compression wrap

You have been prescribed a Coolflex Standard Calf to help heal an ulcer, reduce swelling known as oedema or lymphoedema or to maintain good circulation. This leaflet is to help and remind you how to get the best results from your wrap.

It is vital that you think of your wrap as therapy and wear it exactly as your nurse has told you.

You should put on your wrap as soon as you get up and wear it until you go to bed. It is recommended that you remove it at least once a day to undertake your leg care. You can adjust your wrap so it remains comfortable or take it off to bathe or shower but it must always be set and worn as directed by your nurse to work properly.

Instructions, hints and tips

- 1 Wash the liner sock before you wear it, by hand or on a cool 30° wash.
- 2 If you cream/moisturise your legs, wait for the lotion to be absorbed before putting on the liner.
- 3 Check you have the correct side. Coolflex has a left and right leg.
- 4 The label and white line should be lined up to the shin.
- 5 The wrap should feel tight but not uncomfortable.
- 6 Be as active as possible; this will aid your circulation and help to prevent swelling. If you cannot exercise, move your feet up and down to move your calf muscle.
- 7 Wash your wrap regularly by hand or a 30° cool wash. Do not use conditioner and never wring out or put your wrap to dry on artificial heat like a radiator.
- 8 If you have any concerns please contact your nurse or clinic.

Application instructions

- 1 Put on the liner sock.
- 2 Put your leg through the thin slip inside the wrap.
- 3 Align the white label (top of the shin) and the white line (bottom of the shin).
- 4 Working from bottom to top, pull each strap to show the required number of white lines (your nurse will tell you). Wrap the straps around the leg letting it fasten into the mesh using the hooks.
- 5 Ensure the device lays smoothly against the leg.
- 6 Readjust if necessary so the correct number of lines are visible.

Need some extra help

Scan the QR code to view our demonstration of how to apply the Coolflex Standard Calf



SIGVARIS Britain Ltd

1 Imperial Court,
Magellan Close,
Andover, Hampshire, SP10 5NT

01264 326666

www.sigvaris.com

With more than 150 years of expertise within medical compression wear, **SIGVARIS GROUP** is dedicated to help people feel their best. Every day



Find us on social media
Sigvaris Group Britain

SIGVARIS
GROUP