

These instructions give you important information about your SIGVARIS compression stockings.

The effects of medical compression stockings

Compression therapy forms the basis for treating venous disorders, Lymphoedema and Lipoedema. Carefully controlled pressure on the tissue improves the blood return in the legs and increases lymphatic flow. At the same time, it improves microcirculation and therefore the supply to the tissues. The effects of compression are numerous and include reduction of Oedema, support for wound healing (venous ulcers) and reduction of complaints relating to varicose veins and skin changes of venous origin. Further comprehensive information is available on the SIGVARIS Homepage: www.sigvaris.com

Instructions for use

Sharp fingernails and rings can quickly cause defects. Therefore, **always wear special gloves** when putting your stockings on or removing them. Do not cut loose ends on the insides of the stockings. Limit skin care to evening applications.



The SIGVARIS TRADITIONAL contains latex that does not come into direct contact with the skin. Protect the SIGVARIS TRADITIONAL from ointments, oils, grease and excessive heat to preserve its long service life. All other models are largely insensitive to these products.

How to put them on (see back page)

The best time is when you are up in the morning, when the swelling in your legs has subsided. Make sure that your legs are dry. (Figs. 1-5): Slip the stocking over your heel. Do not pull, but **spread the fabric evenly over the leg using gloves**. Always work the fabric upwards towards the knee with the flat of the hand and spread evenly throughout.

To remove the stockings (see back page)

(Figs. 6/7): Take hold of the stockings at the upper edge with gloves and pull downwards towards the heel. Work the fabric over the heel with the flat of the hand.

Correct fit

The calf-length stocking fits correctly when the border ends 2 finger widths below the hollow of the knee. In the case of mid-thigh stockings, up to the middle of the thigh & for full-thigh stockings, up to 5 finger widths below the buttocks/crotch.

Correct care



Wash the stockings daily at max. 40°C in washbags in the washing machine using the delicate wash cycle. Use a mild detergent without fabric softener for washing. To ensure the maximum service life of the product, the use of a dryer/heater is not recommended (see label). Do not iron or dry clean. Store your SIGVARIS stockings at room temperature in a dry place and away from direct sunlight.

Important notes

In general, compression stockings are free of side effects when recommended by a physician and fitted correctly. In patients with impaired sensitivity, pressure marks or impaired circulation due to compression may go unnoticed. It is therefore recommended to check the feet for any pressure marks, signs of impaired circulation or new skin damage. If these can be detected, the stockings should no longer be worn. In addition, it is recommended to consult a physician in such cases. The use of medical compression stockings is recommended following (specialist) medical consultation. Follow-up appointments with a physician are important and must be attended under all circumstances. The shelf life date is indicated on the packaging using the symbol of an hourglass. We guarantee maximum effect for the subsequent 6 months of wearing.

Risks and side effects

Medical compression stockings can lead to skin lesions and impaired arterial circulation, particularly if used incorrectly.

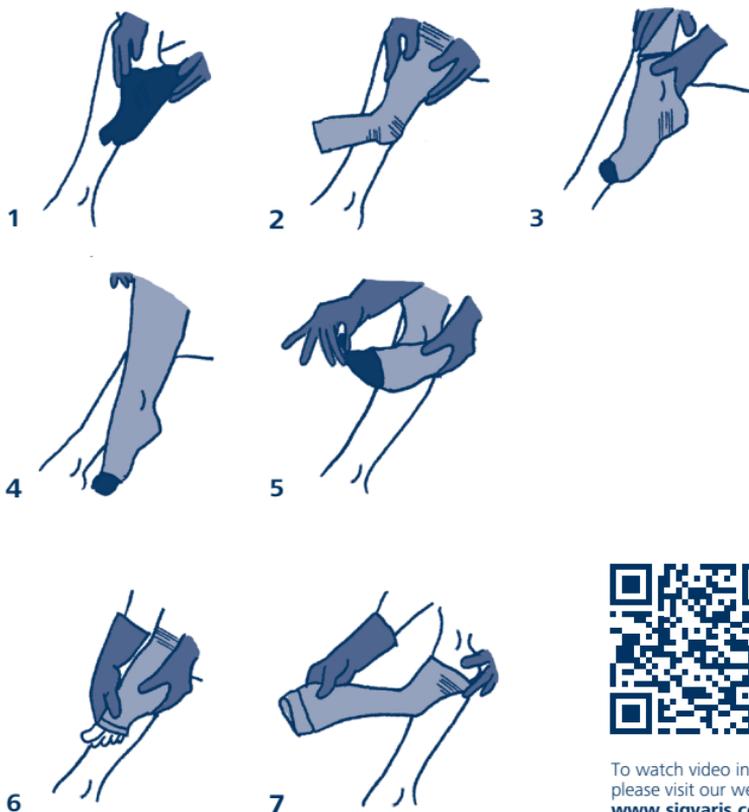
Absolute contraindications

Severe arteriosclerosis (advanced peripheral arterial occlusive disease). Oedemas and shortness of breath that occur even at rest (congestive heart failure). Inflammation of the veins caused by microorganisms (septic phlebitis). Particularly severe forms of venous thrombosis (phlegmasia coerulea dolens).

Contraindications

Oozing skin diseases (dermatoses). Intolerance to compression stocking materials. Sensory disorders of the extremities due to damaged or destroyed nerves (advanced peripheral neuropathy). Inflammatory joint disease (rheumatoid arthritis). Arterial circulatory disorders. Lymphoedema or Lipoedema Stage 2 and higher.

Medical compression stockings must not be worn over open wounds! Noncompliance with this information may limit liability. Please also read at: www.sigvaris.com/instructions



To watch video instructions,
please visit our website:
www.sigvaris.com/videos

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If you look for further distributors please consult: www.sigvaris.com



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