

WASHING YOUR GARMENT

- Wash daily or at least every other day. Alternation of different garments improves the life of all garments.
- Wash garment using a normal mild detergent.
- Wash using a maximum washing temperature of 30°C using a very mild process / delicate washing setting or hand washing.
- We recommend washing the garment in a 'laundry net'.
- Stubborn spots can be gently rubbed, pre-wash, with a sponge.
- DO NOT USE LAUNDRY ADDITIVES such as fabric softener, optical brightener or stain remover.
- DO NOT BLEACH



DRYING YOUR GARMENT

- Dry between two towels (without wringing)
- Line dry in the shade
- DO NOT TUMBLE DRY
- DO NOT IRON
- DO NOT DRY YOUR GARMENT ON OR NEAR A HEAT SOURCE OR IN DIRECT SUNLIGHT



INDICATIONS

The compression class is printed on the garment's label and on the outer packaging.

Primary and secondary lymphoedema in stages I, II and III

Compression Class 1 18-21mmHg; 15-21mmHg	for mild lymphoedema; palliative care
Compression Class 2 23-32 mmHg	for moderate lymphoedema
Compression Class 3 34-46 mmHg	for severe and stubborn lymphoedema; rebound oedema
Compression Class 4 49-70mmHg	for severe complex lymphoedema; primary lymphoedema of long duration

In addition to above but for lower limb garments only:

Compression Class 1 18-21mmHg; 15-21mmHg	moderate varicosis without significant oedema formation; varicose veins due to pregnancy; spider-burst varicosis
Compression Class 2 23-32 mmHg	pronounced varicosis; valve insufficiency of deep veins; in traumatically damaged legs (fractures, muscle ruptures, sclerotization)
Compression Class 3 34-46 mmHg	following healing of venous ulcers; post-thrombotic syndrome; chronic venous insufficiency

ABSOLUTE CONTRA-INDICATIONS

Not to be used in cases of:

Advanced peripheral arterial occlusive disease;
decompensated heart disease;
uncontrolled congestive heart failure; untreated septic phlebitis; phlegmasia coerulea dolens.
Allergy to any of the materials used in the garment. See sewn in label for details.

RELATIVE CONTRA-INDICATIONS

Occasionally can lead to problems in cases of:




Immobility (confinement to bed); skin infections; support dermatoses; weeping dermatose; incompatibility to fabric, see sewn in label for details; impaired sensitivity of the limb (e.g. in diabetes mellitus); suppurating dermatoses; primarily chronic polyarthritis; advanced peripheral neuropathy; primary chronic arthritis; osteoporosis stage 3&4

Haddenham Healthcare assumes no liability as a result of any contra-indicated use of this product.



Haddenham Healthcare INSTRUCTIONS FOR USE

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GENERAL

HADDENHAM compression garments are highly effective in the management of lymphatic and venous diseases. The type of HADDENHAM compression garment is given in the garment label and on the outer packaging. The therapeutic effect of the garment requires correct fitting. Incorrectly fitting compression garments may cause problems during wear. The garment should only be used if prescribed or recommended by a healthcare professional. For maximum therapeutic effect the garment should be worn from when you get up until you go to bed. Do not wear during bed rest unless instructed to do so by your healthcare professional.

Caution: Sharp fingernails, rings and bracelets can damage the garment. Loose threads or loops must never be pulled out or cut off.

The following can damage your garment: Ointments, Petrol, Oils, Dry cleaning fluid, Turpentine. Direct heat – ironing, radiators, tumble driers etc. Long or jagged toenail and fingernail. Direct sunlight. Incorrect application e.g. tugging and pulling by top band. Defective shoes.

Very rarely, compression garments can cause allergic reactions. If acute limb pain or skin irritations should occur whilst the garment is being worn, please consult your doctor immediately. Always attend regular appointments.

STORAGE / GUARANTEE

Medical compression garments should be stored in a cool, dry, dark place without any exposure to direct sunlight, extremes of temperature or exhaust fumes. A 3-year shelf life is guaranteed under correct storage conditions.

A medical compression garment worn frequently is subject to material ageing and natural wear e.g. frequent washing. For garments in use, the period of guarantee is 6 months.

Garments should not be used beyond the expiration date printed on the outside of the package.

PUTTING ON YOUR GARMENT

When applying your garment we recommend using rubber gloves and/or a donning aid. If you have a donning aid follow the donning aid's instructions.

Caution: Sharp fingernails, rings and bracelets can damage the garments. Rings and bracelets should be removed before you apply your garment.

- Always apply first thing in the morning as soon as possible after getting out of bed.
- Ensure your limb is thoroughly dry before applying the garment.
- For leg hosiery, fold down inside out until over foot, slide stocking over foot and place the heel into the pocket shaping.
- For sleeves with a mitten, fold the sleeve down, inside out to the wrist. For sleeves without a mitten pull garment over hand to sit at wrist.
- Gently ease the garment up the limb gradually in stages, about a few centimetres at a time. Placing it where it needs to finish.
- NEVER TUG THE GARMENT BY THE TOP BAND.
- Run the palm of your hand up and down your limb to smooth out any creases/overstretching and achieve a correct fit.
- If the garment seems too long, take it to the required position and redistribute the material.

TAKING OFF YOUR GARMENT

When removing your garment we recommend using rubber gloves and/or a doffing aid. If you have a doffing aid, follow the doffing aid's instructions.

Caution: Sharp fingernails, rings and bracelets can damage the garments. Rings and bracelets should be removed before you take off your garment.

- Pull down the garment to the foot, ensuring the fabric is not contained around the ankle leaving the foot part on.
- Place your thumbs near knobs on the outside of your 'ankle bone', in between your heel and stocking. Carefully take the stocking off.
- When removing a sleeve gently pull down your garment. Do not roll off your garment.