



easywrap
LOWER LIMB®

INSTRUCTIONS FOR USE



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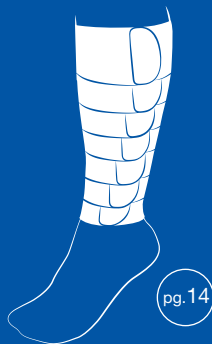
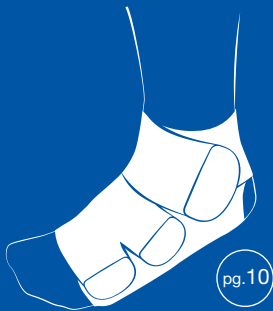


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HOW TO PUT ON YOUR
easywrap

GENERAL INFORMATION

Thank you for choosing **easywrap**. **easywrap** products are highly effective in the management of lymphatic and venous diseases. **easywrap** allows for healthcare professionals to treat oedema in conjunction with or where compression bandaging and / or compression hosiery are not suitable. **easywrap** is a patent pending, low profile wrapping device which conforms to the limb to provide sustained compression therapy.

The **easywrap** range has been developed to provide compression therapy similar to that of short stretch bandaging providing high working and low resting pressures. However, unlike traditional inelastic garments **easywrap** will also continue to provide effective compression as your swelling reduces. This results in oedema reduction whilst maintaining patient comfort and minimising readjustments. When a suitable absorbent dressing is worn underneath

easywrap products are suitable to wear over moderately exuding wounds. **easywrap** can also be used as a second layer over hosiery (when assessed by a specialist) to prevent rebound oedema.

The therapeutic effect of **easywrap** requires correct fitting. Incorrectly fitting **easywrap** products may cause problems during wear. **easywrap** should only be used if prescribed or recommended by a healthcare professional. For maximum therapeutic effect **easywrap** should be worn from when you get up until you go to bed. Do not wear during bed rest, unless instructed to by your physician or specialist. Very rarely, compression garments can cause allergic or allergic type reactions.

If acute limb pain or skin irritations should occur whilst the **easywrap** is being worn, please remove the garments and consult your doctor immediately.

LINERS

We recommend applying an **easywrap** Liner prior to application of the **easywrap** lower limb product range.

N.B. Cover any open wounds before applying the liner or other **easywrap** product.



BEFORE APPLICATION



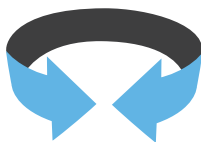
To ease application we recommend folding the **easywrap** fastening tabs back on themselves before applying garments.

Putting on an easywrap is as simple as 1 2 3



POSITION

1 Position the band to ensure correct placement on the limb and a 50% overlap when covering previous bands



STRETCH

2 Gently stretch the band around the limb until you feel the material “lock-out”



FASTEN

3 Whilst maintaining the stretch secure the band with the fastening tab to apply the correct level of compression.

For specific instructions for your garments please see pages pg.10-25

CARING FOR YOUR GARMENT

DO



Wash **liners** every 1-2 days



Close fasteners on garments before washing



If possible wash your garments in a laundry bag

DO NOT



Attach the fastening to the inside of the bands



Use laundry additives such as fabric softener, optical brightener or stain remover.



Dry garments on a radiator or in a dryer

For more detailed information on caring for and storing your garment please see pg.29

APPLYING **easywrap** FOOT



1 Remove the Foot section from its packaging



2 Lay the foot section on the floor and place your heel firmly into the hole at the back.

APPLYING **easywrap** FOOT



3 Next gently pull both sides of the strap closest to your toes until you feel the material 'lock out'.



4 Whilst maintaining the tension, place the end of the strap without the fastening tab over your foot and fasten with the other side.

APPLYING **easywrap** FOOT



5 Repeat this for the second strap.



6 Next, gently pull both ends of the band at the back of the foot until they 'lock out'.

APPLYING easywrap FOOT



7 Whilst maintaining the tension bring one end of the band down and over the top of your foot and attach.



8 Repeat with the other end of the band, in the opposite direction.

APPLYING **easywrap** LEG



1 Remove the Leg from its packaging and fold the fastening tabs back on themselves to help ease application (see page 7).



2 Position the shortest band of the **easywrap** just above the ankle bone ensuring it overlaps the **easywrap** Foot.

APPLYING easywrap LEG



3 Gently pull both ends of the lowest band until you feel the material 'lock out'.



4 Whilst maintaining the tension place the end of the band, without the fastening tab, over your ankle.

APPLYING easywrap LEG



5 Then fasten with the other side.



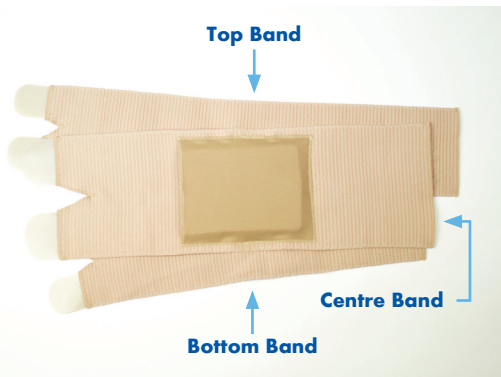
6 Repeat the process, attaching each band as you move up the leg, ensuring that bands are applied flat with no wrinkles.

APPLYING **easywrap** LEG



7 **easywrap** Leg will sit approximately two finger widths below the crease at the back of your knee when applied correctly. If not applying an **easywrap** thigh, fold any excess liner over the top of the garment.

APPLYING **easywrap** THIGH - KNEE SECTION



1 The **easywrap** Thigh consists of a separate Knee (above) and Thigh section. The Knee section is applied first. Remove both sections from their packaging and fold fastening tabs back on themselves (see page 7).

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2 Position the Centre band (with the foam pad) behind your knee. Gently pull both sides of the band until you feel the material 'lock out'.

APPLYING **easywrap** THIGH - KNEE SECTION



3 Whilst maintaining the tension, place the side of the band without the fastening tabs over your knee.



4 Secure the band by attaching the two fastening tabs over the top.

TIP: Applying the knee section with your leg straightened ensures the neatest application

APPLYING **easywrap** THIGH - KNEE SECTION



5 Next gently pull both ends of the bottom band until you feel the material 'lock out'.

If you have applied an **easywrap** Leg ensure that it overlaps.

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6 Whilst maintaining the tension place the end of the band, without the fastening tabs, over your upper calf below your knee.

APPLYING **easywrap** THIGH - KNEE SECTION

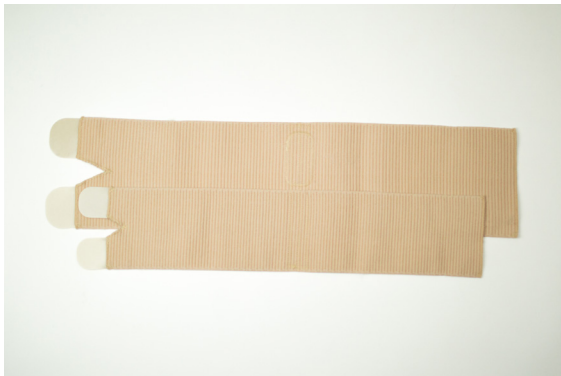


- 7** Secure the band by attaching the two fastening tabs over the top.



- 8** Finally fasten the top band over your lower thigh, in the same manner as the lowest band.

APPLYING *easywrap* THIGH



1 Remove the Thigh from its packaging and fold the fastening tabs back on themselves to help ease application (see page 7).



2 Position the garment under/ behind your thigh with the shorter bands nearer the knee and the longer bands at the top of your thigh. Ensure that the bottom overlaps the top band of the knee section.

APPLYING *easywrap* THIGH



3 Gently pull both ends of the band until you feel them 'lock out'.



4 Whilst maintaining the tension place the end of the band, without the fastening tabs, over your lower thigh.

APPLYING *easywrap* THIGH



5 Secure the band by attaching the two fastening tabs over the top.



6 Continue with the remaining band(s) ensuring that they are applied flat with no wrinkles.

APPLYING *easywrap* THIGH



- 7 Fold any excess liner over the top of the garment.

REMOVING YOUR **easywrap**

When removing the **easywrap** start with the band closest to your body and work down away from your body.

Carefully roll each fastening tab back onto the outside of the band.

Storing and washing the garment with the fastening tabs closed will help prevent the fastenings from damaging the garment or other items of clothing.

CARE INSTRUCTIONS



easywrap Liners are in direct contact with the skin and should ideally be washed daily, or at least every other day. Other **easywrap** products, which are not in direct contact with the skin, should be washed when required. Patients whose **easywrap** products require more frequent washing should consider having one to wear and one to wash, doing this will improve the overall lifespan of both garments.

easywrap should be cared for in a similar manner to delicate clothing. We recommend washing your **easywrap** in a laundry net. Close the fasteners prior to washing.

To wash **easywrap** use a normal mild detergent. DO NOT USE LAUNDRY ADDITIVES such as fabric softener, optical brightener or stain remover. Rinse the garment well. Then dry between two towels, without wringing. Press out any excess moisture. Dry flat or hang up to dry. DO NOT DRY ON A RADIATOR OR IN DIRECT SUNLIGHT. DO NOT DRY THE GARMENT IN A DRYER. **Caution:** Sharp fingernails, rings and bracelets can damage the garment. Pilling or loops must never be pulled out or cut off.

STORAGE, GUARANTEE & DISPOSAL

For garments in normal use the period of guarantee is 6 months. The guarantee does not cover normal wear and tear, misuse or improper care. **easywrap** products should not be used beyond the expiration date printed on the outside of the package. Store your compression garment at room temperature and protect it from direct exposure to sunlight, heat and moisture. When not in use **easywrap** should be stored with the fasteners closed. At the end of their life garments can be disposed of as household waste.

WEAR AND TEAR

The outside of **easywrap** products are specially engineered to adhere to hook and loop fastening tabs. Your garment may take on a pilled appearance, this is part of the normal wear and tear of the garment.

The inside of the bands of the **easywrap** are woven to be soft and comfortable. If the **easywrap** fastening tabs catch the inside of the garment's bands it will cause them to pill. Do not remove or cut off this pilling as doing so may damage the garment. Following the donning and doffing instructions will help reduce pilling.

The fastening tabs may curl after washing. If this occurs then gently roll the tabs back in the opposite direction.

LOWER LIMB INDICATIONS

The type of **easywrap** is printed on the garment's label.

Primary Indications

easywrap Light (20-30mmHg) for mild to moderate lymphoedema or oedema; palliative care

easywrap Strong (30-40mmHg) for severe and stubborn lymphoedema or oedema; rebound oedema; primary lymphoedema of long duration

Secondary Indications

easywrap Light (20-30mmHg) for control of mild to moderate swelling from venous and other swelling disorders

easywrap Strong (30-40mmHg) for control of moderate to severe swelling from venous and other swelling disorders

ABSOLUTE CONTRAINDICATIONS

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. Known allergy to any of the material used in the garments.

RELATIVE CONTRAINDICATIONS

Occasionally can lead to problems in cases of: Immobility (confinement to bed); skin infections; weeping dermatoses; incompatibility to fabric; impaired sensitivity of the limb (e.g. in diabetes mellitus); suppurating dermatoses; primarily chronic polyarthritis; advanced peripheral neuropathy; primary chronic arthritis. Allergic or allergic type responses to fabric.

www.easywrap.info



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