

## Information sheet VARISAN / VENOSAN / VENOLINE compression stockings.

(Denna information finns på svenska på [www.inverdia.com](http://www.inverdia.com) eller kan beställas från Inverdia, se baksidan)

### Quality and technical information.

Your compression stockings are manufactured according to the latest medical knowledge and modern textile technique. They contain ecological fibres (tested according to Oeko-Tex Standard 100), which have a positive effect on life quality and wellbeing. The compression stockings meet current national and international requirements. Your compression stockings are a medical treatment. Therefore it is very important that you read the user instruction.

### Usage instruction

#### Important

Consult person with medical knowledge before you use your stockings for the first time. It is important that the size and fitting are exact. Do not fold the upper end of the stocking. The pressure increases under the folded edge and it may develop constriction of blood flow. If pain from the leg worsens while using the stockings, or if you have other symptoms, you must immediately seek advice from doctor. Use shoes of good quality so that the stitched material of the stocking is not damaged. Certain ointments and oils may destroy your stockings or stain them. With correct use and caretaking of the stockings the lifespan is 6 months. Thereafter the medical effect of the stockings cannot be guaranteed, and we recommend that you buy new stockings. You can read more on our homepage [www.inverdia.com](http://www.inverdia.com).

### Application

The material in the compression stockings can when putting on or taking off be damaged by sharp and cracked fingernails, rough hands and sharp edges of rings, bracelets, and watches. Therefore, it is suitable to use gloves with rubber dots or similar at application. Make sure that feet or legs are not wet or moist at application, the stockings will then be difficult to pull on. Some compression stockings are manufactured of highly elastic material, therefore the upper edge of the stocking should not be pulled upwards with full force, instead it should be massaged upwards with pendulum movements. For putting on and taking off instruction see overleaf.

### Washing / Caretaking

Compression stockings can without problems be washed in machine at temperatures up to 40 degrees C and moreover be handled as ordinary garments of synthetic material. When washing in machine the use of a washing bag is recommended. Your stockings are not damaged if they are washed often. Do not use softeners, optic whitening products or stain removers (for example turpentine, petrol). Dry the inside of silicone band occasionally with alcohol for better adhesion. Keep the stockings in room temperature and protect them from moist and direct sun light.

### Area of use ("Indications"; should be explained by person with healthcare knowledge)

- compression of venous insufficiency, leg oedema
- compression after DVT (deep venous thrombosis)
- compression in connection of treatment of varicose veins (stripping, endolaser, RF, injection)
- compression of venous ulcer

### Conditions when compression stockings must not be used ("Contra indications"; should be explained by person with healthcare knowledge)

- dermatitis
- severe arteriosclerosis
- ischemic vascular diseases

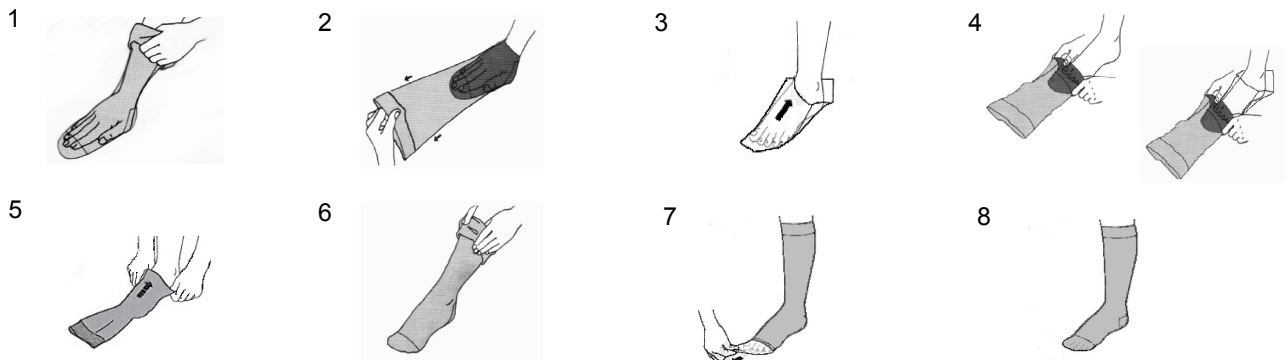
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# COMPRESSION STOCKINGS

## Putting on

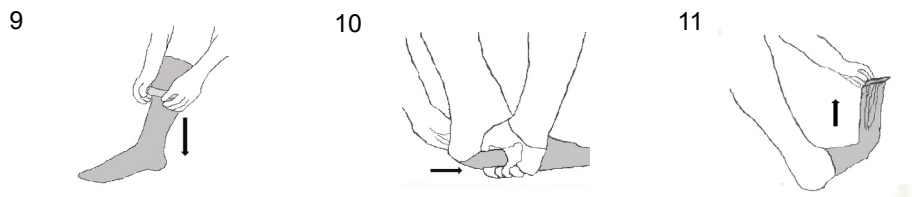
1. Put hand into the foot part - see picture.
2. Keep the stocking's upper part in your other hand, pull down and turn inside out up to heel part - see picture.
3. If the stocking has an open toe a gliding sock can be useful - see picture.
4. Take the hand out of the foot part and grip both hands in the heel part - see picture.
5. Put the foot into the stocking so that the heel is placed over the stockings heel part see - picture.
6. Take the stocking's upper part and pull it over the ankle and further up - see picture.
7. If gliding sock is used it can be pulled out from the toe-opening - see picture.
8. Finish with adjustment of the stocking so that the material is evenly distributed and without folds. Upper edge of knee stockings should end a few cm below the knee for good comfort - see picture.

*Do not fold the upper edge on knee or thigh stockings.*



## Taking off

9. Grip the stocking's upper edge and pull it down to the ankle - see picture.
10. Put thumbs between stocking and heel and push the stocking below the heel - see picture.
11. Pull slowly the stocking from foot - see picture.



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