

WEARING ROUTINE

Compression garments are designed to be worn all day every day. Day garments are only to be worn during the day and not at night.

Night wear should be worn at night and whenever you do not have your day wear on.

Your wearing routine is:

DAY



_____ HOURS PER DAY

NIGHT



_____ HOURS PER NIGHT

CONTACT

If you have any questions, please do not hesitate to contact me.



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Lymphatics



Compression
GARMENTS

WEAR, CARE, RENEW & REPLACE

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CARE INSTRUCTIONS

Washing



- Place compression wear into a laundry bag and wash regularly.
- Cold wash or warm wash at 40 degrees (no hotter).
- Wash and dry day garments over night to ensure they are ready to use the following morning.
- Daily washing is advised to avoid fungal infections.
- Do not use fabric softener when washing your compression garments.



Drying

- Air dry out of direct sunlight.
- Turn garments inside out and wrap in a towel for extra moisture wicking.
- ONLY Comfiwave compression garments can be placed in the dryer.

EXCHANGE & REFUND POLICY

Regular training for garment prescription including the correct measuring, fabric selection, compression class allocation and fitting procedures are regularly undertaken by your therapist.

Every care is taken to ensure your garments are the right fit for you.

Garments that have been worn cannot be returned or exchanged due to hygiene purposes, unless there is a genuine fault.

Should there be a genuine fault in your compression garment, please return it immediately. At the request of the manufacturer, garments that come as a pair need to be returned as a pair. Your compression garments will then be returned to the manufacturer with photo and written documentation. It is up to the manufacturer's discretion to issue a refund or replacement item.

Garments will not be refunded or exchanged for change of mind.



RECOMMENDED RENEWAL PERIOD

Compression garments should be renewed every 6 months from the date of purchase.

Your renewal date is:

SKIN CARE & PERSONAL HYGIENE



Before applying daytime compression wear, remove all jewellery and ensure your skin is washed and clean.

Inspect your skin and webbing space between your fingers or toes for cuts, abrasions, and infections.

Ensure your nails are not jagged or in danger of ripping your compression garment.

Moisturise your skin with an oil-based moisturiser. Moisturiser high in Vitamin E will degrade your compression garments. Use creams in a tub or tube instead of a pump bottle; Moogoo, Cetaphil and Aveeno are recommended moisturisers.

After moisturising, allow your skin to dry before applying your compression garment.

Repeat procedure for night time garment use.