JOBST® Compression LegWear

Medical therapy to meet the
lifestyle needs of every patient

Venous Disorders

Affecting all walks of life

If you have tired, aching legs or swollen ankles after sitting or standing for a period of time, you may have a venous disorder.

Venous disorders are common, just like high blood pressure, heart disease or diabetes, and should be taken seriously.

Venous disorders are complex medical conditions, and this brochure can help you understand their cause, how best to manage these conditions, and how wearing JOBST® Compression LegWear can help.

Gradient compression therapy – the essential element

Gradient compression legwear, pioneered by Conrad Jobst in 1950, remains the basis for the management of venous disease and lymphoedema.

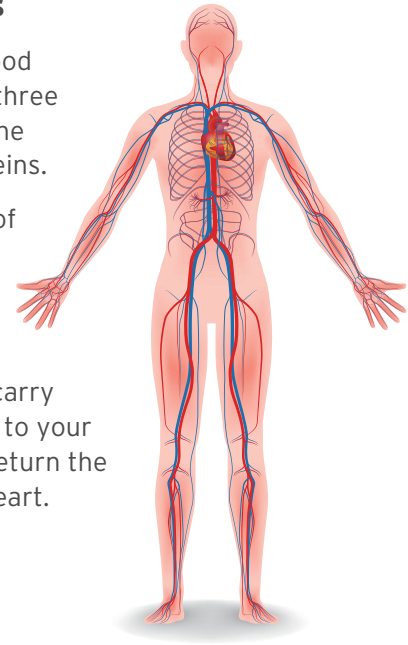
Gradient compression reduces swelling and helps prevent the pooling of fluid in the venous or lymph systems and in the interstitial spaces. This results in clinically proven improvement to the venous and lymph fluid return, thus providing beneficial effects for persons with oedema or venous disease.

JOBST® gradient compression garments work by increasing the tissue pressure to help balance the flow of fluid across the capillaries of the limb. This helps to reduce swelling.

Innovation is at the heart of JOBST® compression garment excellence. Product development efforts are directed towards delivering the highest quality product with the highest assurance of medical efficacy. That's why JOBST® medical compression is recommended by more physicians than any other medical compression brand.

Your Vascular System Blood

How it circulates



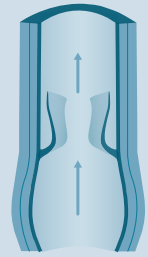
The circulation of blood is possible based on three major components: the heart, arteries and veins.

The pumping action of the heart forces blood through the arteries and veins of your body. Arteries are the vessels that carry blood from the heart to your body tissues. Veins return the blood back to your heart.

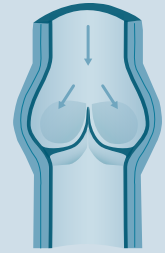
Veins and Valves

How they work

Valves, located inside the veins, keep the blood flowing in one direction toward the heart. Valves open to allow blood to return to the heart. They then close to prevent the blood from flowing backwards.



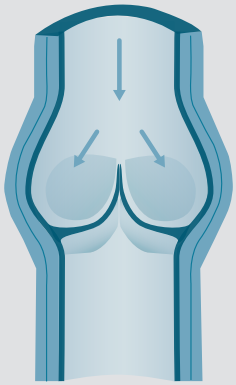
Valves open when muscles contract, allowing blood to return to the heart.



Valves close when muscles relax. Blood cannot flow backwards.

HOW VEIN PROBLEMS OCCUR

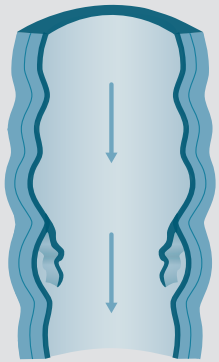
When vein problems occur

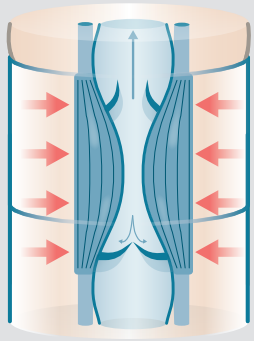


When a valve no longer closes properly or fully, problems can develop. Weak or damaged valves cannot support the blood when the muscle relaxes. This allows blood to flow backwards in the vein, creating pressure on the valves below. These valves can also weaken. Blood return to the heart is reduced and other complications can develop.

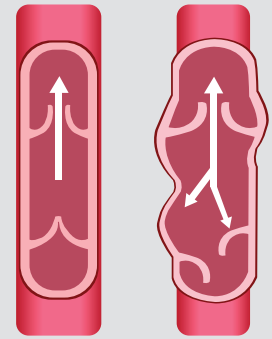
Pooling

A damaged or poorly closing valve in a vein allows blood to flow backwards. This can cause blood to back up and collect in the veins of the lower leg. Pooling of blood in the veins of the lower leg causes swelling, especially near the ankles and calves.





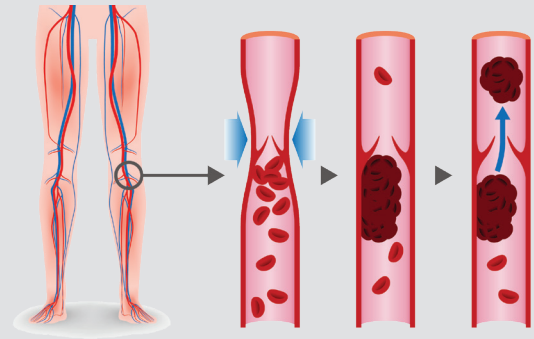
Enlarged Veins



When a valve is damaged or missing, the backup of blood results in higher pressure in the veins below. This higher pressure, which directly affects the superficial veins (those closest to the skin), may strain the walls of the vein, causing them to enlarge and even twist. As the veins enlarge, the valves within them can no longer close fully. Enlarged superficial veins are visible bulges under the skin of the leg. These "ropy" veins are called varicose veins.

Blood Clots

When blood cells stick together near a valve, a clot may form which may partially or completely block the flow of blood through the vein. Slowly moving or poorly flowing blood in the veins is more likely to clot. Clots may be caused by sluggish blood flow, injury to a vein, or abnormal blood clotting factors.



Venous Disorders

Chronic Venous Insufficiency (CVI)

CVI results from damaged valves in the veins, causing blood to pool in the legs. This can lead to swelling, discomfort, skin damage and leg ulcers. Although there is no cure for this chronic condition, CVI can be effectively managed.

Symptoms of CVI include:

- inflammation and/or swelling of the leg
- leg pain
- varicose veins
- discoloration of the skin
- hardening of the skin or leg ulcers

Swelling

Swelling, also known as oedema, occurs due to a buildup of fluid in the body's tissues, often in the lower leg and ankle. Prolonged swelling should not be ignored, as it may be sign of serious disease or chronic venous insufficiency. Consult your physician if swelling persists.

Symptoms of oedema include:

- enlarged ankles and calves
- discomfort or tired legs
- decreased mobility (legs may feel heavy)
- decreased skin elasticity

Varicose veins

Varicose veins, which can be mild to severe, are caused from a backflow or pooling of blood in a damaged vein. They may also occur as a result of heredity, or may develop during pregnancy.

Spider veins are small dilated vessels located close to the skin. They appear in a spidery or sunburst pattern.

Symptoms of varicose veins include:

- bulging veins
- aching and discomfort in the leg
- leg heaviness and fatigue
- inflammation

Venous Leg Ulcers (VLU)

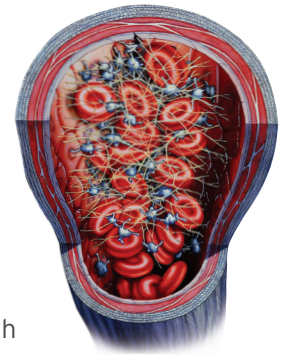
The chronic backup of blood due to damaged valves allows blood to pool in the lower leg, causing swelling. Chronic swelling interferes with the nutrition and oxygen supply to the skin. The skin becomes dry, flaky and darker in color. The skin is fragile and easily breaks with minor trauma, forming an open wound, which is slow to heal.

Symptoms of venous ulcers include:

- swelling of the lower leg
- dermatitis (or changes in the skin)
- purple or brown discoloration of the skin around and above the ankles
- open wound which may have drainage or discharge

Deep Vein Thrombosis (DVT)

A DVT is a blood clot (thrombosis) that forms in a deep vein, partially or completely blocking the flow of blood. A serious, potentially fatal complication of DVT is that a clot can detach from the wall of the vein, travel through the bloodstream, and lodge in the lungs.



Symptoms of DVT include:

- sudden swelling in the leg
- a painful or tender leg
- skin that is warm to the touch

Managing DVT

Depending on the location of your DVT, your doctor may prescribe a blood thinner (anticoagulant). This type of medication may help prevent further blood clotting while your body dissolves the clot. Your doctor may prescribe compression stockings for you to wear while you recover and may also encourage you to walk.

Causes and risk factors of venous disorders

- heredity
- lack of exercise
- age
- pregnancy
- tight-fitting clothing
- high-heeled shoes
- obesity
- alcohol consumption during air travel
- hot baths and excessive exposure to the sun
- dehydration

How you can help maintain good leg health

- **Elevate feet and legs**
  - When resting, elevate your feet above your heart, keeping your knees bent slightly so as not to inhibit blood flow
  - Avoid crossing your legs, since this interferes with circulation
- **Move your feet**
  - When sitting or standing for long periods of time, especially during travel, wiggle your toes, flex your feet or tighten your calf muscles to improve blood flow
  - Improve your circulation by starting a regimen of walking, swimming or other aerobic activity*
- **Wear JOBST® Gradient Compression LegWear****
  - Keep at least 2 pairs on hand – one to wear and one to wash
  - Check with your healthcare insurance provider – your policy MAY cover some or all of the cost of your JOBST® Compression LegWear

*Check with your doctor before starting an exercise program.

**Check with your doctor on which compression level is right for you.

Precision Therapy with Gradient Compression

Gradient compression applies a measured amount of compression to your leg as the basis for the management of venous disorders.

Gradient compression legwear applies the **most pressure at the ankle and then gradually lessens** this pressure up the length of the leg. This helps the blood in your veins flow back toward your heart, even if your veins and valves are damaged.

Sample of a typical 20–30 mmHg* compression stocking

Gradient compression therapy can help manage and prevent the progression of vein-related disorders.

JOBST® Ready-to-Wear Compression Therapy products are available in three compression levels: 15–20, 20–30 and 30–40 mmHg*. JOBST® Custom Garments can be ordered in any compression level: 20–70+ mmHg. The right compression level helps ensure that your venous condition is managed effectively.

JOBST® Compression Therapy products are available in many styles, fabrics, sizes and colors, to meet the activity and lifestyle needs of today's men and women. Any style is suitable, provided the affected area is covered.

JOBST® also offers a full portfolio of products to help you easily don and extend the wearing life of your compression legwear (see last page of brochure).

* The mean compression of an average ankle size.

CHOOSING THE RIGHT JOBST® PRODUCT FOR YOUR NEEDS

READY-TO-WEAR LEGWEAR

COMPRESSION NEEDS	Medical LegWear 15–20 mmHg* (Moderate)	Medical LegWear 20–30 mmHg* (Firm)	Medical LegWear 30–40 mmHg* (Extra Firm)
	• Minor varicosities • Minor ankle, leg and foot swelling • Minor varicosities during pregnancy • Post-sclerotherapy • Tired, aching legs	• Moderate to severe varicosities • Moderate oedema • Moderate to severe varicosities during pregnancy • Post-sclerotherapy • Helps prevent recurrence of venous ulcerations • Superficial thrombophlebitis • Post-surgical	• Severe varicosities • Severe oedema, lymphatic oedema • Chronic venous insufficiency • Post-sclerotherapy • Helps prevent recurrence of venous ulcerations, manages active venous ulcerations • Helps prevent post-thrombotic syndrome • Manages manifestations of PTS • Post-surgical • Orthostatic hypotension
PRODUCTS — WOMEN	JOBST® UltraSheer	JOBST® UltraSheer	JOBST® UltraSheer
PRODUCTS — MEN	JOBST® forMen JOBST® forMen Casual	JOBST® forMen JOBST® forMen Casual	JOBST® forMen JOBST® forMen Casual
PRODUCTS — UNISEX	JOBST® Relief® JOBST® ActiveWear JOBST® Sport JOBST® Travel Socks	JOBST® Relief® JOBST® ActiveWear JOBST® Sport	JOBST® Relief® JOBST® ActiveWear JOBST® UlcerCARE™ (40 mmHg*)

* The mean compression of an average ankle size.

If you have fluctuating swelling or difficulty donning compression garments, consider **Jobst Farrow Wrap.**

Jobst Farrow Wrap is a simple Velcro system allowing the easy application of adjustable compression.

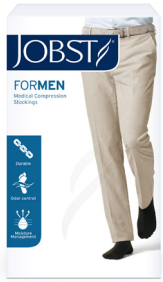
Simplified **Product Navigation**

Easily find the right product **every time,** with our rejuvenated packaging design for **easy navigation.**

TRAVEL

- Helps Minimize Swelling — Improves blood circulation
- Travel — Promotes leg health
- Breathable — Allows air to pass

WORK WEAR



- Durable — For long-term use
- Odor Control — Helps to keep feet fresh
- Moisture Management — Helps to keep feet dry

FORMAL

- Transparent — Sheerness for beautiful legs
- Breathable — Allows air to pass
- Shimmering — For a glossy look

ACTIVE

- Cushioning — Cushioned foot part provides comfort
- Moisture Management — Helps to keep feet dry
- Soft Touch — Blend of soft yarns

DAILY

- Moisture Management — Helps to keep feet dry
- Odor Control — Helps to keep feet fresh
- Wool — Wool fibers promote softness

SPORT

- Support Zone — Support tendons during exercise
- Moisture Management — Helps to keep feet dry
- Odor Control — Helps to keep feet fresh

Contraindications and Cautions

Do not wear compression legwear if you have any of the following conditions:

- severe arterial insufficiency
- uncontrolled congestive heart failure
- skin infections
- red, sensitive skin
- hardening of the skin or untreated leg ulcers

Consult your physician for advice if you are or have any of the following:

- bedridden (non-ambulatory)
- impaired sensitivity of the limb
- sensitivity to the garment material

2 Easy Methods for Putting on Your JOBST® LegWear

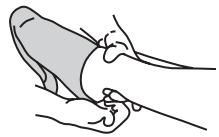
METHOD 1

"Heel Pocket Out" Method

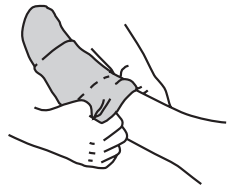
1. Reach inside the stocking to pinch the heel.

2. While holding onto the heel, turn the fabric of the stocking inside out.

3. Open the stocking and slide your foot in until your toe and heel are in the foot.



4. Once the heel is in place, grasp the fabric below the band and pull it up over your heel and ankle.



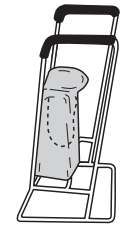
5. Work the stocking up the length of your leg, smoothing out the wrinkles as you go.

METHOD 2

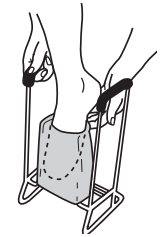
JOBST® Stocking Donner

1. Place your JOBST® LegWear inside the semi-circle frame and pull the top on the stocking down over the semi-circle. The heel of the stocking must face the back of donner.

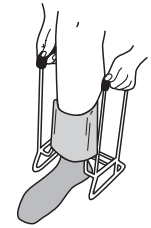
2. Continue to slide the stocking down over the semi-circle until the heel is centered and even with the top of the semi-circle.



3. While sitting or standing (which ever is more comfortable), insert your foot into the stocking until your foot is on the floor.

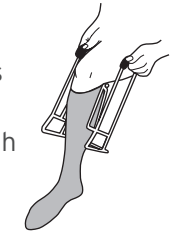


4. Grasp the padded handles and gently pull the JOBST® Stocking Donner – with the stocking – up toward you. Continue this upward movement until the stocking is above the calf.



5. Once the donner is free of the stocking, put it aside.

6. Be sure the heel of the stocking is positioned correctly on the foot. Then adjust the length and smooth out any wrinkles by stroking with the palms of your hands.



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ESS0089 10/2019