

Compression Garment Instructions



For specific instructions related to the usage, cleaning, maintenance, or warranty of your compression garment(s), refer to your manufacturer provided instructions.

FIT INSTRUCTIONS

Knee High Stockings

- The heel of stocking should fit to your heel.
- Top of the garment should be 2 finger widths below the bend of the knee.

Thigh High Stockings

- The heel of stocking should fit to your heel.
- Top of the garment should be 2 finger widths below your gluteal fold.

Sleeve

- The bottom of the sleeve should be at the wrist crease.
- Top band of the garment should be two finger widths below armpit crease.
- If garment has an elbow comfort zone be sure to align properly.

PROPER USE INSTRUCTIONS

Always confirm proper use instructions for your compression garment with your provider. In most cases, the instructions below are generally applicable:

- Compression garments should be put on first thing in the morning when limbs are least swollen.
- Compression should be removed before going to bed.

CLEANING INSTRUCTIONS

Daily Wash:

1. Hand Washing Compression Garments

Clean in tap water

- o Never use chlorinated water.

Clean with a mild detergent

- o Avoid detergents with bleach, fragrances, or dyes.

- Rinse product thoroughly
- Roll up in a towel to remove excess water.
- Allow to air dry out of direct sunlight.
 - o Never wring dry.
- Never add bleach or fabric softeners.

2. Machine Washing Compression Garments

- Wash on cold water settings with a delicate cycle. (water temp at or below 40°C or 104°F)
- Place garment in a lingerie bag.

- Avoid using detergents with dyes or fragrances.
- Never add bleach or fabric softeners.
- Recommended to air dry out of direct sunlight.
- Alternative dryer option set on lowest heat setting with a delicate dry cycle (if available).
 - o Never use dryer sheets.

3. Hand Washing Velcro Compression Wraps

- Hand wash in warm water
 - o Never use chlorinated water.
- Clean with a mild detergent
 - o Avoid cleaners with bleach, fragrances, or dyes.
- Lay flat on a towel to dry.
- Squeeze while flat to remove excess water.
 - o Avoid letting the Velcro fasteners make contact with the towel.

4. Machine Washing Velcro Compression Wraps

- Machine wash in cold water
- Avoid using detergents with dyes or fragrances.
- Never add bleach or fabric softeners.
- Lay flat on a towel to dry.

TROUBLESHOOTING

If unable to effectively troubleshoot contact the Mayo Clinic Store for further assistance.

ISSUE	CHECK
Silicone band has lost its grip	<ul style="list-style-type: none"> • Clean the silicone beads using plain hot water. • Consider a body adhesive product to help support.
Compression garment won't stay up	<ul style="list-style-type: none"> • If garment is >6 months old might be passed useful life. • Ensure garment is evenly distributed across the limb from proper fit points detailed in the "Fit Instructions". • Consider using donning gloves.

TIPS FOR EXTENDING PRODUCT LIFE

- Keep compression garments away from sharp or point objects like pins, scissors, or pets.
- Never dry clean compression garments
- Never use creams, lotions, and oils with compression garments

MANUFACTURER LAUNDRY SYMBOL REFERENCE

Manufacturers provide a variety of laundry symbols to help patients understand proper handling of their garments. We understand there are many you may see, and they can get confusing. See the table below of a quick reference to some of the most common symbols found on our compression products and what they mean when safe handling your product.

 Hand wash	 General wash	 Wash at or below 40°C or 104°F	 Do not wash	 Do not bleach	 Dry flat	 Do not dry clean
 Tumble dry	 Do not tumble dry	 Dry in the shade	 Drip dry	 Drip dry in shade	 Dry flat in shade	 Do not iron

REORDERING COMPRESSION GARMENTS

The elastic fibers in compression garments break down over time.

The following should be considerations for when to reorder a new compression garment:

- It has been worn more than 6 months
- A run or hole in fabric
- No longer holding its shape
- No longer feeling compressive
- Becoming too easy to put on/off

GENERAL WARRANTY INFORMATION

Most compression garments have a general manufacturer's warranty which lasts for about 6 months and cover the material and possible manufacturer defects. (See product packaging details for further details.)

Most custom compression garments have specific warranties which should be provided to you at the time of final receipt. Please see product inserts or contact your local Mayo Clinic Store for details on a custom compression garment warranty or issue.

COMPRESSION GARMENTS	WI MEDICAID	MN MEDICAID	MEDICARE	MOST PRIVATE INSURANCE
DME Gradient compression stockings, below the knee 18-30mmHg (20-30) (A6530)	Call for details	2 pair every 3 months	Non-Covered	Call for details
DME Gradient compression stockings, below the knee 30-40mmHg (A6531)	Call for details	2 pair every 3 months	Call for details	Call for details
DME Gradient compression stockings, below the knee 40-50mmHg (A6532)	Call for details	2 pair every 3 months	Call for details	Call for details
DME Gradient compression stockings, thigh high 18-30mmHg (A6533)	Call for details	2 pair every 3 months	Non-Covered	Call for details
DME Gradient compression stockings, thigh high 30-40mmHg (A6534)	Call for details	2 pair every 3 months	Non-Covered	Call for details
DME Gradient compression stockings, thigh high 40-50mmHg (A6535)	Call for details	2 pair every 3 months	Non-Covered	Call for details
DME Gradient compression stockings, waist length 18-30mmHg (20-30) (A6539)	Call for details	2 pair every 3 months	Non-Covered	Call for details
DME Gradient compression stockings, waist length 30-40mmHg (A6540)	Call for details	2 pair every 3 months	Non-Covered	Call for details
DME Gradient compression stockings, waist length 40-50mmHg (A6541)	Call for details	2 pair every 3 months	Non-Covered	Call for details
Velcro Compression wrap, non-elastic, below knee 30-50mmHg (A6545)	Call for details	2 pair every 3 months	Call for details	Call for details
DME Gradient pressure aid custom made, medium weight (A6549)	Call for details	2 pair every 3 months	Non-Covered	Call for details

SERVICE LOCATIONS

The Mayo Clinic Store is available to assist with questions related to your compression garment products. Normal business hours for the Mayo Clinic Stores is Monday through Friday, 8 am–5 pm.

MINNESOTA	WISCONSIN	ARIZONA
Albert Lea Call 507-668-2913	Eau Claire Call 715-838-1815	Flower of Hope Call 480-342-4830
Austin Call 507-434-1266	La Crosse Call 608-392-9797	
Fairmont Call 507-238-5133	Onalaska Call 608-392-9797	
Mankato Call 507-594-2689		
Owatonna Call 507-444-5098		
Red Wing Call 651-385-3450		
Rochester (Compression, Mastectomy, Wigs) Call 507-284-9669		
Crossroads Call 507-284-9669		