

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.

DEFINITIONS

Daytime Compression Garment:

Garment that provides higher and graduated levels of compression and worn during daytime and activity.

Velcro Compression Wraps: Inelastic wraps with a velcro closure that provide adjustable levels of compression.

Nighttime Compression Garments:

Garment that provides lower levels of compression and worn during sleep or low levels of activity.

FIT INSTRUCTIONS

Knee High Stockings

- The heel of stocking should fit to your heel.
- Top of the garment should be two 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 two 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:

- Daytime compression garments and velcro compression wraps should be put on first thing in the morning when limbs are least swollen.
- Daytime compression garments should be removed before going to bed.

CLEANING INSTRUCTIONS

Daily Wash:

1. Hand Washing Compression Garments

- Clean in tap water.
 - Never use chlorinated water.
- Clean with a mild detergent.
 - 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.
 - 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).
 - Never use dryer sheets.

3. Hand Washing Velcro Compression Wraps

- Hand wash in warm water.
 - Never use chlorinated water.
- Clean with a mild detergent.
 - Avoid cleaners with bleach, fragrances, or dyes.
- Lay flat on a towel to dry.
- Squeeze while flat to remove excess water.
 - 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, it may 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 six 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 insert 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.

RETURN POLICY

We will accept returns on compression garments purchased within 30 days for a merchandise refund or exchange, refunds will be issued via original payment method. Products beyond 30 days from the date of purchase, non-stock or custom garments, and shipping and/or handling charges are not returnable or refundable. All merchandise returns or exchanges must have the original receipt and are subject to inspection.

Items must be in resalable condition, must contain the original packaging materials, manuals, and blank warranty cards. Any merchandise deemed unsuitable for resale will not be accepted for exchange or refund. In certain situations, custom compression garments may be altered after dispensing to accommodate changes in your medical condition; talk to a Mayo Clinic Store staff member for details.

COMPRESSION GARMENT QUANTITY ALLOWABLE

COMPRESSION GARMENT	MEDICARE	MN MEDICAID	WI MEDICAID	IA MEDICAID
Daytime compression garment	3 per 6 months	4 per 3 months	3 per 12 months	3 per 6 months
Nighttime compression garment	2 per 24 months	4 per 3 months	Call for details	2 per 24 months
Velcro compression wraps	3 per 6 months	4 per 3 months	Call for details	3 per 6 months

Quantity allowable amounts are per extremity

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	IOWA
Albert Lea Call 507-668-2913	Eau Claire Call 715-838-1815	Flower of Hope Call 480-342-4830	Decorah Call 563-382-0028
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	Menomonie Call 715-838-1815		
Owatonna Call 507-444-5098			
Red Wing Call 651-385-3450			
Rochester (Compression, Mastectomy, Wigs) Call 507-284-9669			
Crossroads Call 507-284-9669			