

**JOBST®**

Compression  
therapy for an  
**active  
lifestyle**



Kimberly,  
lymphoedema patient

**NEW  
& UNIQUE**

**JOBST® Confidence**

The next generation of custom-made  
flat-knit compression garments

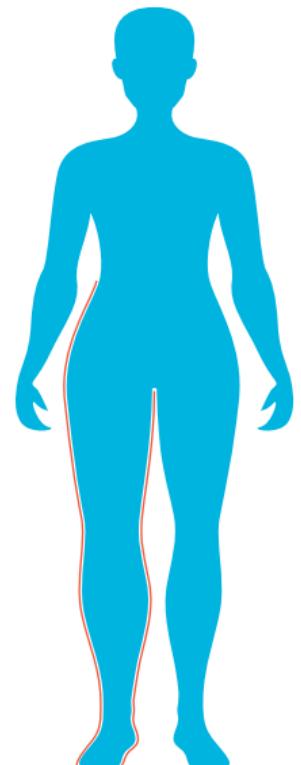


**L**iving with lymphoedema / chronic oedema may seem overwhelming at first. It means having to adapt your daily routine to suit new and sometimes complex needs, which can be difficult to accept at times.

Although it is a chronic condition, there are various solutions available, such as compression garments, that can support you to confidently live life the way you want to while managing your symptoms.

## DID YOU KNOW ?

Compression garments play a central role in the treatment of lymphoedema / chronic oedema and can be a major relief for symptoms and swelling.



# Understanding your **condition**

When you receive a diagnosis of your condition, your healthcare professional should explain what stage your lymphoedema is, according to the Lymphoedema Framework.

Understanding what stage you are, helps to select the right therapy solutions for the management of your condition

**MILD<sup>1</sup>**



## **STAGE**

Early onset is where there is tissue swelling that subsides with limb elevation. The swelling may be pitting. Pitting means, if you press down on the swollen tissue with a finger, a “pit” or indentation forms that does not disappear straight away.

**MODERATE<sup>1</sup>**



## **STAGE**

Limb elevation by itself rarely reduces the swelling. There may or may not be pitting as your tissue becomes harder (fibrosis).

**SEVERE<sup>1,\*</sup>**



## **STAGE**

The tissue feels hard. Skin changes such as thickening and increased skin folds can develop.

<sup>1</sup>Modified from: The Diagnosis and Treatment of Peripheral Lymphedema. 2016 Consensus Document of the International Society of Lymphology (ISL). *Lymphology* 2016; 49: 170-184

\*Disclaimer: JOBST Confidence is not suitable for patients with severe lymphedema

# A short introduction to flat-knit **compression garments**

**L**ympoedema impacts everybody differently, so it is important to find a compression garment that supports your individual needs and lifestyle.

Compression garments add external pressure to the affected limb to help reduce and prevent swelling. **Flat-knit garments** are recommended for lymphoedema / chronic oedema management.

Made with firm fabrics to the exact shape and size of your body to effectively manage swelling.

Your healthcare professional might recommend that you undergo **decongestive therapy** to help reduce the size of your limb before prescribing a garment, which is important to kick start your 'flat-knit' life in the right way!



# Why flat-knit makes a difference



Wearing your flat-knit garment on a daily basis can help to:<sup>2</sup>

- ✓ reduce fluid going into affected areas
- ✓ support the re-absorption of lymph fluid
- ✓ soften hardened tissues
- ✓ maintain the shape and size of your limb

Wearing a flat-knit compression garment should become part of your daily routine and blend in easily with your lifestyle. Discuss your needs and preferences with your healthcare professional to find a garment that is right for you.

## It should:



**SUPPORT YOUR FREEDOM OF MOVEMENT**



**BE COMFORTABLE AND OFFER FIRM SUPPORT**



**FIT OPTIMALLY TO YOUR INDIVIDUAL SHAPE**



**MANAGE MOISTURE FOR A FRESH FEELING**

<sup>2</sup> Lymphoedema Framework. Template for Practice: compression hosiery in lymphoedema. London: MEP Ltd, 2006.



SUITABLE  
FOR MILD TO  
MODERATE  
LYMPHOEDEMA  
/ CHRONIC  
OEDEMA

# BENEFITS

## Contour Fit

Innovative knitting method for a more accurate fit to **individual body shapes**



## Soft and Firm

Made with a supple conforming fabric that also gives the reassurance of **firm support**



# Introducing JOBST Confidence

## The new generation of flat-knit compression garments

**E**xpertly developed with unique Contour Fit technology, **JOBST Confidence conforms to your body shape even better than ever before.** Providing greater wearing comfort and supports freedom of movement for an active lifestyle.

In addition, **JOBST Confidence** is designed to keep the skin dry and leave you feeling comfortable all day long.

The unique moisture management system features high performance double-layer fabric that wicks away moisture from the skin towards the garment's outer layer.

**A TECHNOLOGICAL BREAKTHROUGH FOR A ONE-OF-A KIND GARMENT THAT IS AS UNIQUE AS YOU!**



### Moisture Management

Advanced moisture management system with double-layer construction for improved comfort



### Easy Donning

Flexible, conforming fabric is designed to make **putting on and taking off easier**



# JOBST Confidence empowering you to self-care confidently

JOBST Confidence helps you achieve your therapy goals.

## JOBST CONFIDENCE IS DESIGNED TO:

- ✓ provide more comfort
- ✓ conform to your individual shape
- ✓ support easy donning
- ✓ be more skin-friendly
- ✓ offer a range of colours and design options

## Express yourself

with a range of bold  
colours to choose from



# HOW JOBST CONFIDENCE CAN SUPPORT YOUR THERAPY

Inspired by the needs of mild to moderate lymphoedema patients, JOBST Confidence was designed to support patients that can benefit from wearing flat-knit compression garments:



**ALSO INDICATED FOR LIPOEDEMA PATIENTS!**

# Tips and Tricks to support your self-care



## SET YOURSELF GOALS

Work with your healthcare professional to set yourself achievable goals. These can be reviewed after a short time to avoid getting stuck in habits that do not work for you. This should prevent you from becoming overwhelmed in your self-care plan.



## GIVE YOURSELF A MASSAGE

You can help to decongest your skin tissue with light, repetitive skin-stretching movements that are easy to do. Why not try this while you are in the shower or relaxing watching TV? Ask your healthcare professional to demonstrate the right technique to ensure a safe and correct massage.



## AID LYMPH DRAINAGE

Exercise is essential to maximise lymph drainage. It helps your muscles pump more effectively and increase the flow of lymph fluid out of swollen areas. Try walking, swimming, yoga and aqua-gym.



## PAMPER YOUR SKIN

Keeping your skin properly hydrated and crack-free is essential in preventing infection such as cellulitis. Avoid taking very hot showers and moisturise twice daily.\* This will help to maintain natural oils in the skin and keep it hydrated.

## GARMENT CARE

Your JOBST Confidence garment should, if at all possible, be washed daily, or at least every other day.



Machine  
wash 40°



Do not  
bleach



Tumble-dry

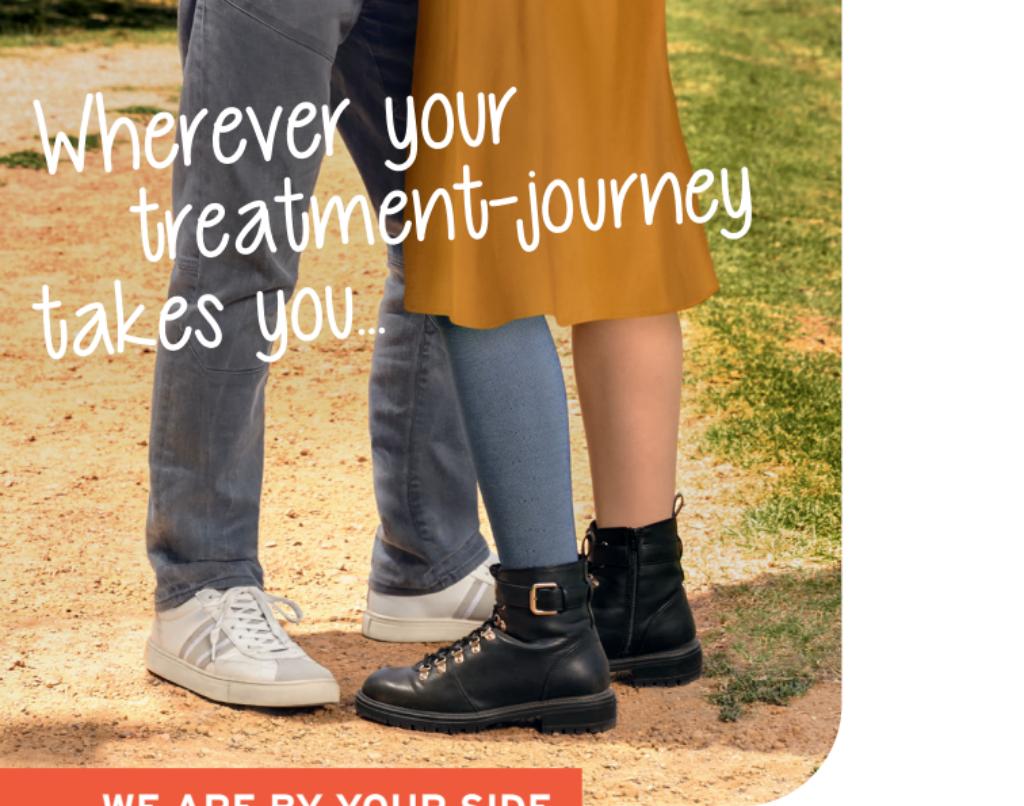


Do not iron



Do not  
dry clean

\* Certain moisturisers may damage compression garments so make sure they are well absorbed before donning.



# Wherever your treatment-journey takes you...

**...WE ARE BY YOUR SIDE**

If you have any questions or want to know more about how JOBST products can support you, visit:  
**[www.jobstuk.co.uk](http://www.jobstuk.co.uk)**

LymphConnect® is an exclusive patient community with information and resources dedicated to helping you manage your lymphoedema better. Learn more about your condition at: **[www.LymphConnect.co.uk](http://www.LymphConnect.co.uk)**

Join our community! **LymphConnect**®  
by JOBST

**WE CARE FOR YOU**