



Caring for your
swollen limb with
JOBST®
FarrowWrap®

#AllWrappedUp



START



Caring for your swollen limb with JOBST FarrowWrap

You have been prescribed a JOBST FarrowWrap by your healthcare professional

JOBST FarrowWrap is a wrap compression system designed for patients with limb swelling. If you have difficulty in putting on a compression garment, or are unable to access bandaging, then JOBST FarrowWrap might be the best solution for you, as it can be removed and reapplied by yourself, as required.

Compression therapy is beneficial for the management of venous and lymphatic conditions and can help with the following:



Reduce swelling



Improve circulation



Help to heal a venous leg ulcer

Read on - or choose a link to jump straight to the information you need today:

> [Looking after your swollen limb](#)

> [Lifestyle factors](#)

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> [Caring for your skin](#)

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Looking after your swollen limb

Your healthcare practitioner will have given you advice on how to manage your lower limb condition and will have provided you with a compression garment. This guide will help you to understand how to care for your limb.

Including tips on:



Caring for your skin



Healthy lifestyle factors



Applying and wearing your compression garment



CARING FOR YOUR SKIN

Gently wash and dry your skin and moisturise daily, recommendations are:

- Normal soap can dry out your skin, use tap water and a moisturising shower gel or a PH-Neutral cleanser
- Pat your skin dry with a soft towel - do not rub or apply force. Take care to dry between your toes and any skin folds
- Moisturise your skin immediately after washing. Allow the moisturiser to soak into the skin before applying your compression garment

Avoid infection risks such as: scratches, cuts and grazes, insect or flea bites, or fungal nail infections (i.e. athlete's foot).



LIFESTYLE FACTORS

Eat healthily and stay well hydrated.

Move regularly, keep active and use the affected limb as much as possible.

Try performing some simple lower limb exercises such as:

- toe to heel rocks
- ankle circles
- toe pointing and flexing

Try and keep cool in extreme temperatures, which can worsen your swelling.

Avoid wearing tight clothing that may restrict your swelling.



How does JOBST FarrowWrap work?

The wrap compression system has a number of bands that are applied from bottom to top, overlapping each other by 50%. Alternatively, our JOBST FarrowWrap 4000 range has interlocking bands that are applied slightly differently (see application guide for further information). In each case wrap compression systems provides external pressure to the limb, this pressure is most effective when your calf muscle is active

and working, as this increases venous and lymphatic return to reduce or prevent further swelling. This makes wrap compression systems very effective in the treatment of swelling for lymphatic and venous conditions and treatment of venous leg ulceration.



How to put on your JOBST FarrowWrap



Watch Video

JOBST FarrowWrap Footpiece

Any open wound must be covered with an appropriate dressing prior to putting on the liner.

1. Apply your JOBST FarrowWrap liner, as this should be worn underneath the wrap.
2. Unwrap the footpiece and lay it on the floor, with the hole for the heel closest to you.
3. Place your foot on top of the footpiece, lining up your heel with the hole at the back of the footpiece. (Figure 1)
4. Take the footpiece bands, closest to the toes, on each side and pull both sides over the top of the foot to the opposite side. Secure with the VELCRO™ fastener. Now apply the remaining band, the one closest to the ankle, in the same manner. (Figure 2)
5. After securing the forefoot, take one of the ankle bands and pull it over the top of the mid-foot to the opposite side. Secure in place with the VELCRO™ fastener. (Figure 3)
6. Repeat the same step with the other half of the ankle band on the opposite side. (Figure 4)
7. When removing the footpiece, fold the VELCRO™ fastener back over on itself onto the same band to prevent it catching on material.



Figure 1



Figure 2



Figure 3



Figure 4



How to put on your JOBST FarrowWrap



Watch Video

JOBST FarrowWrap Legpiece

Any open wound must be covered with an appropriate dressing, prior to putting on the liner.

1. Apply your JOBST FarrowWrap liner, as this should be worn underneath the outer wrap and footpiece, if applicable.
2. Unwrap the legpiece and lay the wrap on the floor, behind your leg, with the label side facing up. When properly donned, the white label will be located just below the knee crease. The shortest bands will be closest to the ankle.
3. Take each side of the band closest to your ankle and pull forward, wrapping the band around the lowest part of the leg, and secure with the VELCRO™ fastener (Figure 1). If wearing a footpiece, the bottom band should overlap the top of the footpiece.
4. Repeat with each band, moving up the leg, with approximately a 50% overlap on the band before. Smooth out any wrinkles as you go. (Figure 2)
5. Fold the liner down over the top of the legpiece (if no thighpiece is being donned).

6. When removing the legpiece fold each VELCRO™ fastener back over on itself onto the same band to prevent it catching on material.



Figure 1



Figure 2



How to put on your JOBST FarrowWrap

JOBST FarrowWrap 4000



Watch Video

Any open wounds must be covered with an appropriate dressing prior to putting on the liner.

1. Apply JOBST FarrowHybrid (Figure 1).
2. Slide the wrap over the leg, using the donning sleeve to help position the wrap so it sits comfortably (Figure 2).
3. Take hold of the two bottom bands, one in each hand, and secure on the opposite side using the VELCRO™ fasteners (Figure 3).
4. Repeat with the top two bands. Make sure that there is no gapping between bands (Figure 4).



Figure 1



Figure 2



Figure 3



Figure 4



How to put on your JOBST FarrowWrap



Watch Video

JOBST FarrowWrap Thighpiece (including kneepiece)

Any open wounds must be covered with an appropriate dressing prior to putting on the liner.

Thighpiece

1. Apply your JOBST FarrowWrap thigh high liner, as this should be worn underneath the wrap.
2. Apply the footpiece and / or legpiece as applicable.
3. Place the kneepiece to the side, as it will be put on later.
4. Unwrap the thighpiece and ensure the white label is facing you. While seated, take the thighpiece and place it underneath the thigh. It should rest just above the knee with the label centred on the back of the upper thigh.
5. Apply the lower thighpiece band around the lower thigh, just above the knee, and secure with the VELCRO™ fastener.
6. Apply the remaining band(s) in the same manner, smoothing out any wrinkles as you go (Figure 1).



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5



Figure 6

Kneepiece

7. Secure the inner middle band around the knee cap (Figure 2 and 3).
8. Secure the lower band so that it overlaps the legpiece (Figure 4).
9. Secure the top band so that it overlaps the thighpiece (Figure 5).
10. When removing the thighpiece fold the VELCRO™ fastener back over on itself onto the same band to prevent it catching on material.



How to put on your JOBST FarrowWrap



Watch Video

JOBST FarrowWrap Lite Armpiece

Any open wound must be covered with a sterile dressing prior to putting on the armpiece.

1. Unwrap and place the garment in front of you on a flat surface, and place it so that the VELCRO™ fastener pieces are facing inward and the white label is closest to you.
2. Slide the affected arm palm up through the sleeve until it reaches the armpit, ensuring the wrist is not restricted in movement. (Figure 1)
3. The outer seam should be in line with the thumb and the inner seam in line with the little finger. Smooth out any wrinkles. (Figure 2)
4. Bend your arm at ninety degrees. Take the first VELCRO™ fastener band at the wrist and pull towards the outside of the arm, and fix securely. (Figure 3)
5. Moving up the arm, secure the remaining VELCRO™ fasteners in the same manner. It may be necessary to tighten the upper most VELCRO™ fastener piece

by pulling from underneath, near the tricep area. Adjust each VELCRO™ fastener as necessary, to smooth out any wrinkles and ensure a correct and comfortable fit. (Figures 4 and 5)

6. When the garment is properly donned, all the VELCRO™ fasteners will be on the outside of the arm, and the stitch seam should be at or near the elbow crease.
7. When removing the garment, begin with the VELCRO™ fasteners closest to the armpit and work your way down.



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5



Wearing your compression garment



Apply your garment each morning and wear it all day, especially when exercising and then remove it before going to bed.



You may wish to readjust your garment during the day - the material should always be evenly distributed.



Do not wear your garment to bed, unless instructed by your healthcare professional.



Check the lifespan of the product with your healthcare professional.





How to look after your JOBST FarrowWrap system

Prior to washing, fold the VELCRO™ fastener back on itself to prevent it sticking to itself or other items during the wash cycle.




Lite / Strong

 Machine wash in COLD water

 Tumble dry, NO HEAT

 Do not iron

 Do not dry clean


 DO NOT BLEACH

Use a mild fabric detergent WITHOUT bleach

Replace every 6 months as a minimum

Do not use a fabric softener

Classic

 Handwash only in COLD water

 DO NOT Tumble dry

 Do not iron

 Do not dry clean


 DO NOT BLEACH


Use a mild fabric detergent WITHOUT bleach


Replace every 6 months as a minimum

Do not use a fabric softener

4000

 Machine wash in COLD water

 Tumble dry, NO HEAT

 Do not iron

 Do not dry clean


 DO NOT BLEACH


Use a mild fabric detergent WITHOUT bleach

Replace every 6 months as a minimum

Do not use a fabric softener

Foot & Leg Liner

 Machine wash in warm water

 Tumble dry, low heat

 Do not iron

 Do not dry clean


 DO NOT BLEACH


Use a mild fabric detergent WITHOUT bleach

Replace every 6 months as a minimum

Suitable for use with fabric softener

Thigh Liner

 Machine wash in warm water

 Tumble dry, low heat

 Do not iron

 Do not dry clean


 DO NOT BLEACH


Use a mild fabric detergent WITHOUT bleach

Replace every 6 months as a minimum

Suitable for use with fabric softener

JOBST FarrowHybrid

 Machine wash in warm water

 Tumble dry, low heat

 Do not iron

 Do not dry clean

 DO NOT BLEACH

Use a mild fabric detergent WITHOUT bleach

Replace every 6 months as a minimum

Suitable for use with fabric softener



Looking out for problems

There are some signs you should look out for, as these might mean that you have an infection or your compression needs to be reviewed:



Comfort: Your garment should not be tight or painful. It should be firm-fitting and comfortable



Limb sensation: Do you have any tingling, pain or numbness?



Temperature: Is your skin temperature higher on the affected limb?



Redness: Is there any unusual redness on the limb?



Feeling unwell: Are you feeling generally unwell? eg. Temperature or flu like symptoms

If you answer yes to any of these questions please contact your healthcare professional



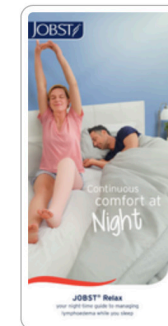
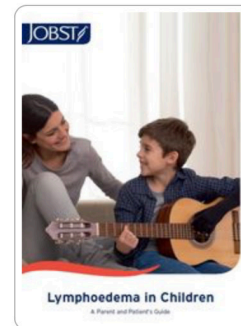
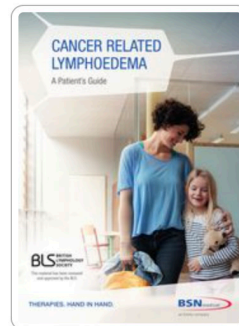
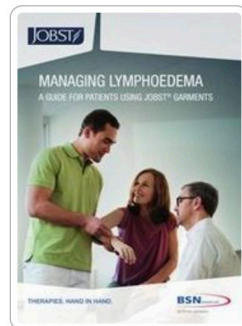
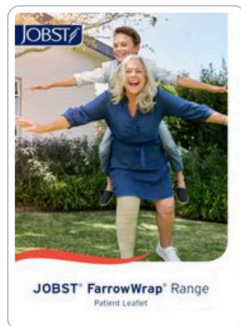
Additional support and resources

You can find additional information and downloadable resources online from JOBST.

LymphConnect® is an exclusive patient community with information and resources dedicated to helping you manage your lymphoedema better. Learn more about your condition, click below:



Please click on the relevant image for more information:





Thank you for helping to care for your swollen limb

By doing this, you are helping
yourself have a better quality
of life to live better over time



BACK TO START