



# MANAGING LYMPHOEDEMA

A GUIDE FOR PATIENTS USING JOBST® GARMENTS



**THERAPIES. HAND IN HAND.**



an Essity company

# ABOUT LYMPHOEDEMA

## WHAT IS LYMPHOEDEMA?

Lymphoedema is a swelling that develops as a result of an impaired lymphatic system. This may be as a result of the lymphatic system not developing properly or through damage or trauma. It can affect any part of the body but is most commonly seen in an arm or a leg.

The lymphatics form part of your immune system, helping to deal with infection at a local level, but just as importantly, they are responsible for cleaning your tissues and maintaining a balance of fluids in your body.

It can be likened to a waste disposal system, taking tissue fluid, bacteria, proteins and waste products, away from the tissues around the skin, fat, muscle and bone.

If, for whatever reason, the lymphatic system is not working correctly, or the vessels are not draining adequately, the fluid in the tissues builds up (as when a river is dammed and flooding occurs). Swelling occurs when the amount of fluid in an area is greater than the capacity of the lymphatic system to transport it away. Lymphoedema can therefore be defined as “an abnormal accumulation of protein-rich fluid in the tissues”.



## HOW DOES LYMPHOEDEMA PROGRESS?

Initially, lymphoedema may be very slight and not noticeable all of the time. It may be intermittent - and at this stage it is quite common to notice more problems as the day goes on.

For example, the swelling may be minimal on waking but become larger as the day progresses - especially in warm weather. It is often possible to use a simple measure to resolve the swelling at this stage so treatment should always be started as soon as possible.

If left untreated, the swelling over time becomes more permanent; it doesn't subside overnight and the area will begin to feel increasingly hard and solid. This is due to the build-up of proteins as well as fluid in the tissues.

# MANAGING LYMPHOEDEMA

## HOW CAN LYMPHOEDEMA BE MANAGED?

Generally, there are four components of care that will be recommended for people with mild to moderate swelling of their limbs:

### Skin care

- To keep the skin and tissues in good condition and to prevent / reduce the risk of infection. For more information, see the Lymphoedema Support Network (LSN) “Skin care for people with lymphoedema” fact sheet\*

### External support / compression

- In the form of elastic compression garments to help prevent the swelling from building up in the limb

### A programme of exercise and movement

- To try and maximise lymph drainage without over-exertion as this may cause the swelling to worsen

### Simple lymphatic drainage (SLD)

- A gentle massage technique that is based on the principles of Manual Lymphatic Drainage (MLD). It involves the use of simple hand movements to try and move the swelling out of the affected area. It is designed to be carried out by patients themselves - or their relatives or carers

For people with a more severe swelling, additional treatments may be recommended within a more intensive treatment programme called Decongestive Lymphatic Therapy (DLT). This consists of two phases, each with four components:

### Phase I

- Decongestion phase including skin care, exercise and movement, MLD and compression bandaging
- This intensive treatment may last for a period of 2-4 weeks and combines packages of treatments ideally on a daily basis or every second day

### Phase II

- Maintenance phase including skin care, exercise and movement, SLD and compression garments
- Following intensive treatment, JOBST® garments are often fitted to maintain and optimise benefits gained

## USING YOUR JOBST GARMENT TO CONTROL LYMPHOEDEMA

Your healthcare professional has recommended that you wear a JOBST garment because it offers:

- Custom manufacturing that ensures a contoured fit to the shape of your affected limb (JOBST® Elvarex®) or a ready-to-wear garment in an appropriate size for your limb
- Controlled gradient pressure for effective long-term management of lymphoedema
- Superior comfort due to air permeability
- Excellent durability for extended garment wear

\*Available free for members from the LSN. Visit their website for more details, [www.lymphoedema.org](http://www.lymphoedema.org)

# APPLICATION, USE AND CARE

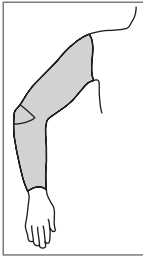
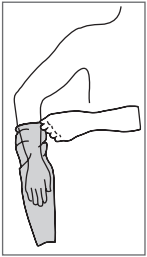
## GENERAL JOBST DONNING INSTRUCTIONS

By following the illustrated steps below, you will be able to put on your JOBST garment correctly

Avoid digging your fingernails into the knitted material of the garment when pulling it on and do not stretch the material any more than necessary. To avoid damage to the material, do not wear jewellery while putting on or taking off the garment. The use of rubber gloves is recommended to apply the garment. Using rubber gloves also assists in the correct positioning of the garment and the smoothing out of wrinkles.

The garment should be applied as early as possible each morning, worn all day especially during exercise and removed at bed-time. It may also be helpful to re-align your compression garment once or twice during the day by taking it down to the ankle or wrist and re-applying as per the donning instructions below.

## INSTRUCTIONS FOR PUTTING ON A JOBST ARMSLEEVE

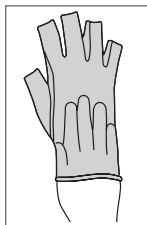


1. Starting with the garment inside out, slide your hand through the entire armsleeve, ease the armsleeve up your arm to the armpit. It may be helpful to brace your hand against a wall or hold onto a towel rail to pull the armsleeve into position.

JOBST Elvarex: When donning, keep the seam in line with your little finger. In the case of an integrated armsleeve / gauntlet or armsleeve / glove, keep the seam in line with your thumb. Stitching indicates where your elbow should be.

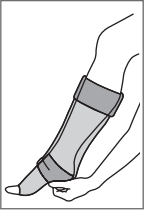
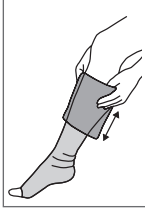
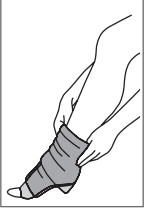
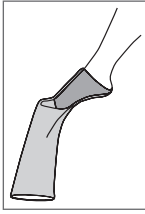
2. The compression armsleeve is in place when it is situated smoothly on the arm without any creases. Distribute the material evenly on the arm. In the case of a sleeve with a separate glove / gauntlet, the ends of the two garments must overlap.

## INSTRUCTIONS FOR PUTTING ON A JOBST GLOVE OR GAUNTLET



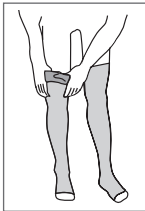
1. Slip your hand through the wrist of the glove / gauntlet. Then, for a glove, slide the finger sleeves over your fingers.
2. Adjust the fingers by carefully pulling on the fabric until the glove fits snugly into the web spaces between the fingers. Be sure the fabric is smoothed out over the finger and hand.
3. Hold the hand up to the light. You should not be able to see light through the web space.

## INSTRUCTIONS FOR PUTTING ON A BELOW KNEE JOBST GARMENT



1. Starting with the garment inside out, tuck the foot portion inside up to the heel and hold it with both hands, seams facing down.
2. Stretch your garment as wide as possible and, in one motion, pull it onto your foot. Put the heel pocket over the back of the heel.
3. Take hold of the fabric just past your toes. Always grasp the garment at the sides, never at the seams. Pull it up over your foot past the ankle. The garment should now be right side out. Adjust it so that the heel is in place.
4. Adjust the toe area for comfort by pulling the garment toward your toes and releasing.
5. Now work it all the way to the knee, about 5cm (2 inches) at a time, smoothing the creases as you go up the leg. For below knee garments, the top band should reach within 2-3cm (1 inch) of the bend of your knee. Remember, pull on the sides, never at the top or the seams.
6. Make sure the garment is evenly distributed over the leg.

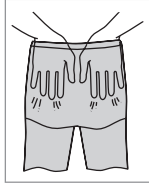
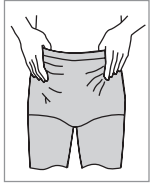
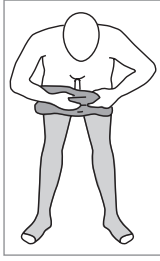
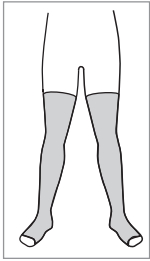
## INSTRUCTIONS FOR PUTTING ON A THIGH HIGH JOBST GARMENT



1. Start with instructions for a below knee garment. Continue working the garment up about 5cm (2 inches) at a time.
2. Stretch it evenly and place the band smoothly in place. If it is uncomfortable behind the knee, ease it down slightly from the knee until the pressure feels more even.
3. Make sure the garment is evenly distributed over the leg.

# APPLICATION, USE AND CARE

## INSTRUCTIONS FOR PUTTING ON JOBST TIGHTS





1. Start with the instructions for below knee garments. Continue working it up to the middle of your thigh about 5cm (2 inches) at a time.
2. Stand up. With both hands, grab a handful of fabric and pull it up to your waist.
3. Fit it snugly but comfortably over the groin area. Ensure that the stockings are distributed well.
4. Adjust your support so that it is snug at your mid section. This will keep the garment from sliding down. Pull the mid-section to its proper height.
5. Slip your hands, palm out, into the back and lift the fabric up and away from your skin. Let the fabric fall back to fit snugly over the buttocks.
6. Make sure the garment is evenly distributed over the legs and mid section.

## INSTRUCTIONS FOR TAKING CARE OF YOUR JOBST GARMENTS

JOBST compression garments are manufactured from the highest quality materials. They can be machine-washed on a gentle cycle at 40°C with a mild detergent. We recommend turning the garment inside out. After washing the garment, lay it on a thick towel, roll it up, and squeeze it hard to remove excess water. Then hang the garment out to dry. Do not dry on a radiator.

Be sure to follow these precautions to get the longest life from your JOBST garments:

-  Do not use fabric softeners
-  Do not use bleach
-  Do not tumble dry\*
-  Do not dry clean
-  Do not iron
-  Do not dry in direct sunlight

## SPECIAL CARE INSTRUCTIONS FOR JOBST GARMENTS WITH A SILICONE BAND

1. Turn the garment inside out. Thoroughly hand wash the silicone band using a delicate fabric detergent.
2. Concentrate on removing any lotion, powder, hair, or other foreign material from the silicone.

\*This applies to JOBST Elvarex, JOBST Elvarex Soft and JOBST Elvarex Soft Seamless





## IMPORTANT NOTES

- Attend regular check-ups with your healthcare provider
- JOBST compression garments are backed up by our 6-month guarantee against garment failure due to manufacturing or material defect. Compression garments wear out with regular use and should be replaced every six months
- Report any problems with your garment to your healthcare professional
- Compression garments can be worn for up to 16 hours a day but should be removed at bedtime
- Any open wounds must be covered with a sterile dressing prior to putting on the garment
- Since the garment should be washed daily, you may find it practical to have more than one garment so that you will have a garment to wear while you launder and dry the other garment (see garment-care instructions below)
- Do not cut any loose threads or snags, as this may cause runs or holes in the garment
- Avoid contact with creams, lotions and similar substances
- Do not use fabric softeners
- Please refer to the product label and /or package insert for full instructions on the safe use and the care of your JOBST garment

# EXERCISE AND MOVEMENT

Exercise and movement is an important element in the treatment of lymphoedema as it stimulates muscle pumps and increases lymph flow as well as improving muscular strength, cardiovascular function, psychological wellbeing and functional capacity<sup>1</sup>.

Exercise and movement may also assist in keeping your body weight at optimal levels, since weight gain can worsen pre existing lymphoedema. This can be in the form of many different types of exercises such as walking, swimming, cycling, low impact aerobics, yoga, pilates and gentle resistance exercise with weights.

The most important factor is to use the limb as normally as possible and keep moving! However, please ensure you exercise within your own limitations, build-up slowly to an exercise programme and avoid strenuous movement as this may cause the swelling to worsen. Speak to your healthcare professional about your exercise programme to ensure that it is suitable, especially if doing resistance exercises.





To help you get the most from your exercise and movement programme, please consider the following:

- Use the limb as normally as possible
- Position and support the limb
- Always wear your compression garment (unless swimming!)
- Build up to the exercise programme slowly and start with low to moderate intensity exercise
- Avoid strenuous movement such as heavy lifting and over-activity such as repetitive motion as this may cause an increase in swelling
- Breathing exercises before and after exercise, as well as warming up and cooling down phases, should be incorporated to avoid exacerbation of swelling
- Swimming is very beneficial, however avoid hot tubs, saunas, steam rooms or jacuzzis as these may increase swelling
- Stop if your swollen limb feels tired or uncomfortable
- Gentle forms of exercise that encourage movement, stretching and breathing are beneficial
- Rest and elevation of legs at night are also important



Over the following pages you will find some suggested exercises. You may want to discuss these options with your healthcare professional.

They should be performed slowly and rhythmically. In collaboration with your healthcare professional, why not put together your own exercise and movement programme and aim to do this a few times a week? We've included a page within this booklet for you to build your own exercise and movement programme.

## Reference

1 Lymphoedema Framework. Best Practice for the Management of Lymphoedema. International consensus. London: MEP Ltd, 2006.

# EXERCISE AND MOVEMENT PROGRAMME

## COMMENCE ALL EXERCISE PROGRAMMES WITH BREATHING EXERCISES AND WARM-UP (SOME SUGGESTIONS TO BELOW)

### Breathing exercises<sup>2</sup>

- Sit or lie with shoulders relaxed and hands resting below ribs
- Breathe in through your nose and feel your abdomen rising then slowly, sigh out through your mouth
- Repeat 5 times

### Warm-up

These are some suggested warm-up exercises, but please work within your own limits and consult your healthcare professional. If any are considered suitable, record the warm-up number on your personal exercise programme page within this booklet.



1. While sitting on a chair, raise the left leg slowly off the ground and then place back down.

Repeat for the right leg.  
Repeat for each leg  
5 times.



2. Stand with legs wide apart. With body upright, bend left knee placing weight on this leg until the right leg is stretched.

Repeat for the right leg.  
Repeat for each leg  
5 times.



3. Standing with legs shoulder-width apart, bend into a half squat position with arms stretched to the back. Then come to a standing position, sweeping arms up above head.

The white area shows the final position.  
Repeat 10 times.

### References

<sup>2</sup> The Lymphoedema Network Northern Ireland ([www.lnni.org](http://www.lnni.org))

## Exercises

These are some suggested exercises, but please work within your own limits and consult your healthcare professional. If any are considered suitable, record the exercise number on your personal exercise programme page within this booklet.



In a standing position with legs shoulder-width apart, raise the left leg to waist height and touch knee with the left hand and then lower to the ground.

Repeat with right leg. The upper body remains straight.

Repeat 5 times.



Lying on your back, raise legs one at a time then perform round 'cycling' movements in the air. Repeat 5 cycles and then rest.

Repeat 5 times.

You may find it useful to place a pillow on the floor to rest your legs as you lower them to the ground.



From a kneeling position on the floor, move forward and support yourself with your hands stretched. Then lift the left leg, straightening as the leg is lifted. The leg should be in a horizontal line with the body but no higher. Make sure your back is kept straight. Repeat for the right leg.

Repeat 5 times.



Lying on your back, bend your left hip and knee towards your chest. Relax your left leg down again. Ensure your back, head and right leg stay on the ground.

Repeat for your right leg.

Repeat 5 times.

# EXERCISE AND MOVEMENT PROGRAMME

## EXERCISES

5



Lie on your back, with both knees bent and hands on both thighs. Slowly push your hands up your thighs towards your knees, lifting your head and shoulders off the ground. Only come off the ground as far as comfortable and do not pull on your neck.

Repeat 10 times.

6



Lie on your back with your knees bent. Lift your buttocks up until thigh and back form a line. Hold for 5 seconds. Keep feet flat on the floor.

Repeat 10 times.

7



Sit up straight then lean back slightly supporting weight with hands and straighten legs. Bend your left ankle up towards you so that your toes are pointing to the ceiling. Then, bend your ankle down, pointing the toes to the floor.

Relax and repeat for the right leg.

Repeat 5 times.

8



Lie on your front with your forehead resting on your arms. Raise the left leg, bringing the heel towards the buttocks while keeping the thigh on the ground. Lower the leg back down.

Repeat for the right leg.

Repeat 5 times.

10



Lay on your right side, with your head either supported by or laying on your right arm. Your left hand should be placed in front of you for support. Slowly raise your left leg so that the legs form a 'V' shape and then lower. Your body should remain in a line. Repeat 5 times.

Then switch position by laying on your left side.

Repeat 5 times.

9



Stand with feet together holding on to a firm surface for support. Raise heels off the floor.

Repeat 10 times.

## COOL DOWN

Finish all exercise programmes with breathing exercises (see warm up section) and a cool down (some suggestions below).

These are some suggested cool-down exercises, but please work within your own limits and consult your healthcare professional. If any are considered suitable, record the cool down number on your personal exercise programme page within this booklet.



1 First, stand up straight with legs slightly apart and raise arms above head. Then lean forwards slightly placing hands on the wall. Step the left leg back, place the heel on the ground. The right leg should be bent. Slowly push the hips forward until you feel a stretch in your calf. Hold in position for 15 seconds or less if uncomfortable.

Repeat for other leg.



2 Stand with legs slightly apart, bend forward and extend the left leg with toes pointed upwards and heel resting on the ground. The right leg should be bent. Place hand on thigh for support. Hold this position for about 15 seconds or less if uncomfortable.

Repeat for other leg.



3 First, stand up straight with legs slightly apart. Place left hand on a wall or firm surface for support. Bend the right leg, grasping your foot with your right hand. Pull the heel gently towards your buttocks. The body remains straight and both knees are together. Hold in position for 15 seconds or less if uncomfortable.

Repeat for other leg.



4 Support yourself with your hands on the ground at the side of your hips. Place the soles of your feet together and very gently push your knees towards the ground. Hold this position for 15 seconds or less if uncomfortable.

Repeat 10 times.



# MY EXERCISE AND MOVEMENT PROGRAMME

Exercise

How often


# WHAT ELSE CAN YOU DO ABOUT YOUR LYMPHOEDEMA?

## THE FOLLOWING RECOMMENDATIONS APPLY ONLY TO THE AREA OF YOUR BODY AFFECTED BY LYMPHOEDEMA

### Keep the affected limb very clean

- Wash skin thoroughly and frequently and dry carefully
- Keep your skin soft and supple to avoid drying and cracking (and the risk of infection) by applying creams at night that are recommended by your healthcare professional

### Try to avoid injuries to the skin that can lead to infection, such as

- Scratches or bites from pets or other animals
- Bites or stings from insects; use an insect repellent
- Unnecessary skin punctures on your swollen limb/s (injections, blood samples, blood pressure readings, acupuncture, tattoos or piercings)
- Scratching your skin or nail biting which can be a potential route for infection

### Try to avoid temperature extremes that can stress the lymphatic system, such as

- Frostbite or extreme cold
- Extreme heat from saunas, whirlpools, hot weather
- Heat treatments, hot packs, etc.

### Other ways to help yourself

- When travelling in an aeroplane, use a compression garment
- Keep your body weight at optimal levels, since obesity can worsen pre-existing lymphoedema
- Follow a healthy eating plan and exercise regularly (under the advice of your healthcare professional) as this will have positive benefits on your lymphoedema management
- Seek medical assistance immediately if you think you may be developing a skin infection
- Continue to seek appropriate treatment for your lymphoedema

### Try to avoid the following

- Excessive strain during exercise
- Physical over exertion (heavy lifting, joint over-rotation) of affected limb(s)
- Restriction of blood and lymph circulation by elastic garments or bandages that are too tight, tight bra straps, waist bands, watches, rings
- Any physical injuries that can bruise or damage your skin
- Burns from heat sources, including the sun

Caution: JOBST Elvarex contains Natural Rubber Latex which may cause allergic reactions.

# HOW TO OBTAIN YOUR JOBST ELVAREX CUSTOM-FIT COMPRESSION GARMENT ON PRESCRIPTION (ALSO KNOWN AS MADE-TO-MEASURE)

## YOUR HEALTHCARE PROFESSIONAL WILL PROVIDE YOU WITH A PRESCRIPTION FORM FOR YOUR COMPRESSION GARMENT.

This is a bespoke garment which is manufactured to your individual needs. As such, the compression garment is made-up of a basic style(s) and additional option(s) to provide the individually specified finished garment. The prescription form lists the applicable garment style(s) and option(s) for your particular garment.

As this is a 'made-to-measure' compression garment, you will have been measured for your garment by your healthcare professional unless this is a repeat order (see note below).

All your measurements will have been recorded on a JOBST Elvarex order form.

This completed prescription form is for **one** JOBST Elvarex Custom-Fit, dark blue, below knee, compression garment in RAL compression class 2 with closed toe and T-heel.

Pharmacy Stamp	Age D.o.B	Title, Forename, Surname & Address
<i>Please don't stamp over age box</i>		
Number of days treatment N.B. Ensure dose is stated	NHS Number:	
Endorsements	JOBST Elvarex knee high L2-02-04 RAL CCL 2 (23-32mmHg) Non-standard colour L-A008 T-Heel L-A010 Closed toe L-A001	
Signature of Prescriber		Date
For dispenser No. of Prescns. on form		
	Example FP10 Form	



# COM-FIT COMPRESSION GARMENTS (TO-MEASURE)



## YOUR HEALTHCARE PROFESSIONAL WILL PROVIDE YOU WITH YOUR **JOBST ELVAREX ORDER FORM.**

Please take both the prescription form and the JOBST Elvarex order form to your local pharmacist. Alternatively, your healthcare professional may suggest a postal prescription service provider, in which case an envelope and instructions will be provided to you. Your pharmacist or the postal prescription service provider will fax the JOBST Elvarex order form to the manufacturer, BSN medical, to produce your compression garment.

BSN medical will dispatch your compression garment to the pharmacist within 5 working days from receipt of your order. You will then be able to collect your garment from your pharmacist. If using a postal prescription service provider, the garment will be delivered to your home.

### JOBST® Elvarex® Custom-Fit Lower Limb Order Form

**FX ORDER TO CUSTOMER SERVICES ON:  
0845 122 3450**

Date: \_\_\_\_\_ Purchase Order No.: \_\_\_\_\_ Patient Name: \_\_\_\_\_ DoB: \_\_\_\_\_  
 Measured By: \_\_\_\_\_ Tel: \_\_\_\_\_ Email: \_\_\_\_\_  
 Delivery Address: \_\_\_\_\_ Invoice Address: \_\_\_\_\_

JOBST Elvarex		
Compression Class (RAL)	Quantity	
Left	Right	Body Bandage
CCL 1 (18-21mmHg)		
CCL 2 (23-32mmHg)		
CCL 3 (34-46mmHg)		
CCL 3F (34-46mmHg)		
CCL 4 (49-70mmHg)		
CCL 4S (60-90mmHg)		

Style	Options
<input type="checkbox"/> AD Knee high	<input type="checkbox"/> Leg extension
<input type="checkbox"/> BD Knee high footless	<input type="checkbox"/> Adjustable waistband
<input type="checkbox"/> AF Mid thigh*	<input type="checkbox"/> Fly for men
<input type="checkbox"/> AG Thigh high	<input type="checkbox"/> Crotch for men
<input type="checkbox"/> BG Thigh high footless	<input type="checkbox"/> Open pubis
<input type="checkbox"/> AGTL Chap style left	<input type="checkbox"/> Re-reinforced gusset
<input type="checkbox"/> AGTR Chap style right	<input type="checkbox"/> Slipform
<input type="checkbox"/> AG-T Chap style pair	<input type="checkbox"/> SoftFit
<input type="checkbox"/> AT Tights	<input type="checkbox"/> AD Knee high, CCL 1-3 only
<input type="checkbox"/> AT Tights 1 leg	<input type="checkbox"/> Silicone band
<input type="checkbox"/> Bermuda	<input type="checkbox"/> 2.5cm <input type="checkbox"/> 5cm
<small>* not available on FP10 / GP10</small>	<input type="checkbox"/> Inside <input type="checkbox"/> On top
	<input type="checkbox"/> Pieces <input type="checkbox"/> 3/4 band
	<input type="checkbox"/> Zipper with lining*
	<input type="checkbox"/> Silk pocket*
	<input type="checkbox"/> T-Heel (CCL 2-3F only)
	<input type="checkbox"/> Ankle pad (profile)
	<input type="checkbox"/> Top functional zone*
	<input type="checkbox"/> Knee functional zone* (CCL 2-4 only)

Colour
<input type="checkbox"/> Beige <input type="checkbox"/> Black
<input type="checkbox"/> Dark blue <input type="checkbox"/> Dark brown
<input type="checkbox"/> Grey <input type="checkbox"/> Cranberry
<input type="checkbox"/> Henna <input type="checkbox"/> Denim
<input type="checkbox"/> Graphite

Seams
Mix garment and seam colour (no code/charge for seam colour)
<input type="checkbox"/> Beige <input type="checkbox"/> Black
<input type="checkbox"/> Dark blue <input type="checkbox"/> Dark brown
<input type="checkbox"/> Grey <input type="checkbox"/> Cranberry

Remarks
*State position/length

#### Circumference Measurements (cms)

**Left Leg Length Measurements (cms)**

A-K \_\_\_\_\_ cm (crotch length for AT only)

A-G \_\_\_\_\_ cm

A-F \_\_\_\_\_ cm

A-E \_\_\_\_\_ cm

A-D \_\_\_\_\_ cm (Knee high)

A-C \_\_\_\_\_ cm

A-B \_\_\_\_\_ cm

A-B \_\_\_\_\_ cm

A \_\_\_\_\_ cm

**Right Leg Length Measurements (cms)**

A-K \_\_\_\_\_ cm (crotch length for AT only)

A-G \_\_\_\_\_ cm

A-F \_\_\_\_\_ cm

A-E \_\_\_\_\_ cm

A-D \_\_\_\_\_ cm (Knee high)

A-C \_\_\_\_\_ cm

A-B \_\_\_\_\_ cm

A-B \_\_\_\_\_ cm

A \_\_\_\_\_ cm

**Foot Style**

Open toe  Closed toe

Slant foot  Straight foot (applicable length measurements required)

**Foot Length**

For open toe \_\_\_\_\_ Length medial \_\_\_\_\_

For closed toe \_\_\_\_\_ Length lateral \_\_\_\_\_

**Lengths for Slant Foot**

\_\_\_\_\_ Length medial \_\_\_\_\_

\_\_\_\_\_ Length lateral \_\_\_\_\_

#### JOBST Elvarex Soft

**Compression Class (RAL)**

CCL 1 (18-21mmHg)

CCL 2 (23-32mmHg)

CCL 3 (34-46mmHg)

**Colour**

Beige  Black

Dark blue  Dark brown

Grey  Cranberry

Ruby red

**Style**

AD Knee high

AG Thigh high (with slipform)

AGTL Chap style left

AGTR Chap style right

AG-T Chap style pair

B1/C-T Capri footless tights

AT Tights (with slipform)

BT Footless tights (with slipform)

Bermuda

Note: Leg lengths / CCL must be the same for lefts / Bermuda

**Quantity**

Left \_\_\_\_\_ Right \_\_\_\_\_

AT Tights / Bermuda

**Options**

Adjustable waistband

Open pubis

SoftFit (AD knee high only)

Silicone band

2.5cm on top (A-D only)

5.0cm on top

Silk pocket\*

T-Heel

Slipform (except chap and A-D styles)

**Remarks**

\*State position/length




Steps: 1. Complete order box for EITHER JOBST Elvarex or JOBST Elvarex Soft. 2. Select garment style required. 3. Complete ALL applicable measurement boxes. 4. Fax order: Customer Service: 0845 122 3600 Compression Therapy Helpline: 0800 389 8424 Email: [compression.uk@bsnmedical.com](mailto:compression.uk@bsnmedical.com) [www.bsnmedical.co.uk](http://www.bsnmedical.co.uk)

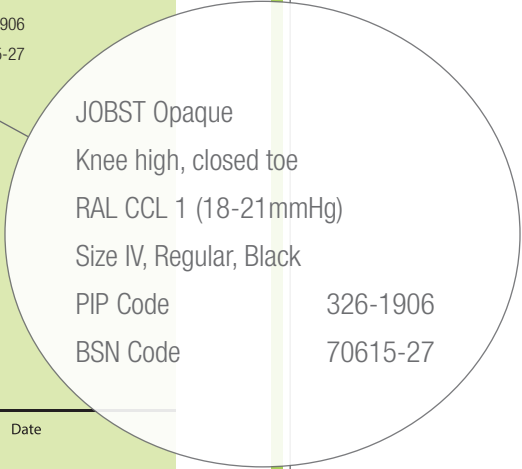


Note: If this is an exact repeat of a previous garment, the measuring form is not required but you will still need the prescription form. The prescription form needs to quote the 'schema' number from the previous order. Each JOBST Elvarex garment order is provided with a schema number. This is a unique identification number for each garment manufactured and the number can be found on the order sheet inside the packaging. By requesting a re-order quoting this schema number, you will receive an exact copy of the original garment. The pharmacist still needs the prescription form.

# HOW TO OBTAIN YOUR JOBST READY-TO-WEAR ON PRESCRIPTION (ALSO KNOWN AS OFF-THE-SHELF)

Pharmacy Stamp	Age  D.o.B	Title, Forename, Surname & Address
<i>Please don't stamp over age box</i> Number of days' treatment N.B. Ensure dose is stated		NHS Number:
Endorsements	JOBST Opaque Knee high, closed toe RAL CCL 1 (18-21mmHg) Size IV, Regular, Black PIP Code                      326-1906 BSN Code                        70615-27	
Signature of Prescriber		Date
For dispenser No. of Prescns. on form	[Empty box for dispenser use]	
		Example FP10 Form

This completed prescription form is for **one pair** of JOBST® Opaque® ready-to-wear, below knee, compression garments in RAL compression class 1. The order is for size IV, black, compression garments in a regular leg length with a closed toe.



EXAMPLE



# AR COMPRESSION GARMENT E-SHELF)



## JOBST OFFERS A RANGE OF READY-TO-WEAR, CIRCULAR-KNIT COMPRESSION GARMENTS FOR BOTH THE UPPER AND LOWER LIMB

These 'off-the-shelf' garments are available in a variety of styles and options. Your healthcare professional will have measured you for the compression garment and selected the most appropriate brand, style, colour and size for your needs. Your healthcare professional will provide you with a prescription form for your compression garment.

The prescription form will list the brand name, style, compression class, order code and other details for your garment. Please take the prescription form to your local pharmacist. Alternatively, your healthcare professional may suggest a postal prescription service provider, in which case an envelope and instructions will be provided to you.

## YOUR PHARMACIST OR THE POSTAL PRESCRIPTION SERVICE PROVIDER WILL THEN ORDER YOUR JOBST READY-TO-WEAR COMPRESSION GARMENT

BSN medical will then process your order. Your compression garment will be dispatched to the pharmacist within 5 working days from receipt of order. You will then be able to collect your garment from your pharmacist. If using a postal prescription service provider, the garment will be delivered to your home.



*Note: a measurement form is not required for a ready-to-wear compression garment order*

# FURTHER INFORMATION OR QUESTIONS

If you have any questions concerning the information presented in this brochure or about your JOBST compression garment, please call our Customer Services department on 0845 122 3600 or e-mail [compression.uk@bsnmedical.com](mailto:compression.uk@bsnmedical.com).

In addition, we have a compression therapy freephone helpline which is manned by a Clinical Nurse Specialist in lymphoedema, who is able to offer advice. The freephone number is 0800 389 8424.

Thank you for your continued confidence in and patronage of JOBST products. We look forward to helping you in the future by developing additional innovative products.



The Lymphoedema Support Network is the national Charity in the UK providing information and support for those living with lymphoedema and those supporting them. It runs a telephone help line, a website containing articles, patient experience stories and much more, produces a quarterly newsletter and a range of 'gold standard' fact sheets. It works to raise awareness of lymphoedema, campaigns for better national standards of care and, in partnership with other organisations, inputs into research into best practice for the treatment of lymphoedema regardless of cause.

St. Luke's Crypt, Sydney Street, London, SW3 6NH  
Telephone 020 7351 4480 [www.lymphoedema.org](http://www.lymphoedema.org)



## BSN medical Limited

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