

Juxta-Fit™ Upper Legging with Knee

THIS PACKAGE INCLUDES:

- One (1) Juxta-Fit™ Essentials Upper Legging with Knee
- One (1) Pair of Comfort Thigh-High Socks™
- One (1) Universal BPS™ Card

If any of these items are missing, please contact CircAid® Customer Service by phone at (800)-CIRCAID (247-2243) or by email at orders@circaid.com. Instructional videos are available at www.circaid.com.

Juxta-Fit™ Upper Legging with Knee

CARE AND MAINTENANCE



HAND WASH – WARM**



DRIP DRY OR FLAT DRY**



DO NOT BLEACH



DO NOT IRON



DO NOT DRY CLEAN



DO NOT WRING

**To extend the life of the Juxta-Fit™ Legging hand wash and drip or flat dry. However, the garment can also be machine washed using a gentle cycle and dried on a low heat setting. If doing so, it is recommended that the garment be placed in a pillow case to keep the hook material lint free and to prevent possible damage to other clothing. Should lint collect on the tabs, it can be removed with tweezers.

JUXTA FIT™

ESSENTIALS

UPPER LEGGING WITH KNEE

20-30, 30-50 or 50+ mmHg*

COMPONENTS OF JUXTA-FIT™: Nylon, Polyurethane, Spandex, Silver **LABELS:** Polyvinyl Chloride Plastisol or Satin Acetate

COMFORT THIGH-HIGH SOCKS™: Cotton, Lycra®

THIS PRODUCT CONTAINS SILVER. THIS PRODUCT DOES NOT CONTAIN LATEX.

INDICATIONS FOR USE: Lymphedema, other forms of Edema: Venous, Post Traumatic, Post Surgical, "Lipedema," Varicose Veins (all types), Chronic Venous Insufficiency (CVI), Venous Stasis Disease, Venous Valvular Insufficiency (VVI), Venous Insufficiency, Post Thrombotic Syndrome, Venous Ulcer (Stasis Ulcer), Angiodysplasia, Venous Eczema, Lipodermatosclerosis.

CAUTIONS: Decreased or absent sensation in the leg, Sensitivity to product components.

CONTRAINDICATIONS: Severe Peripheral Arterial Disease, Septic Phlebitis, Phlegmasia Cerula Dolens, Decompensated Congestive Heart Failure, Allergy to compression materials, Moderate peripheral arterial disease, Infection in the ankle and/or foot.

*This garment is designed to provide gradient compression based on these average ankle compression levels. When bands are placed in parallel they should slightly overlap, leaving no space between bands. This garment is not designed to be cut or modified in anyway. Doing so will void the six month limited warranty.

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DIRECTIONS FOR USE

IF USING THE COMFORT THIGH-HIGH SOCKS™: The Juxta-Fit™ Legging is safe to use directly on the skin, however, the Comfort Thigh-High Socks™ offers further protection to both the garment and the skin. Slide the Comfort Thigh-High Socks™ onto the leg before donning the legging. Proceed to “Donning the Juxta-Fit™ Legging” below.

IF USING THE COMFORT NON-SLIP LINER™ (NOT INCLUDED): See the Comfort Non-Slip Liner™’s directions for use as needed. Proceed to “Donning the Juxta-Fit™ Legging” below.

IF USING A JUXTA-FIT™ LOWER LEGGING (NOT INCLUDED): Apply the Juxta-Fit™ Lower Legging after donning the Comfort Thigh-High Socks™ and before donning the Juxta-Fit™ Upper Legging with Knee. See the Lower Legging’s directions for use as needed. Proceed to “Donning the Juxta-Fit™ Legging” below.

DONNING THE JUXTA-FIT™ LEGGING:

STEP 1: Align legging with black side against skin and the top edge of the garment far enough below the groin so as not to cause discomfort. If using a lower legging, the bottom edge of the Upper Legging with Knee garment should overlap with the top edge of the lower legging. Unroll the top two bands and loosely secure them to the outside of the garment. This will anchor the legging in place. The legging can also be rotated to properly position the lateral rise of the top band.

Note: The CirAid® logo indicates the bottom most band of legging.

STEP 2: Unroll the bottom two bands, pull them above and below each other across the front of the leg and secure them to the outside of the legging once firm and comfortable compression has been achieved.



STEP 3: Before securing the second band from the bottom, disengage the third band from the bottom. While holding the second and third bands taut, pull the second band to firm and comfortable compression and secure it to the outside of the legging. Angle each band individually to achieve a snug and wrinkle-free fit. Continue securing bands one at a time going up the leg, pulling to firm and comfortable compression. Also adjust the top two bands to firm and comfortable compression. Pay close attention to ensure that the bands are attached in an alternating order and that they are being placed into the opposing gaps. **Note:** The lateral rise at the top of the garment is designed to provide additional support to the hip area. Adjust the overlap between the lateral rises to maximize support and comfort.

STEP 4: Once all of the bands are secured, inspect the garment for any gaps, creases, or folds and adjust the bands as necessary. If gaps are still present, return to the bottom of the garment and readjust each band accordingly. The garment should lay flat against the leg. The bands may need to be pulled at different angles to make the garment contour perfectly against the leg. The top of the liner may be folded over the top edge of the legging.

STEP 5: Place the cup of the knee cover over the knee cap and pull the individual tabs to firm and comfortable compression. Angle each tab so that the knee cover conforms to the knee cap. Secure the tabs to the legging once the knee cover lies snugly against the knee.

STEP 6: Readjust the bands as needed throughout the day to provide firm and comfortable compression. **Note:** Slightly loosen the bands for night-time wear.

STEP 7: If using a Comfort CoverUp™ (NOT INCLUDED) ensure all hook tabs on the Juxta-Fit™ legging are securely fastened and slide the Comfort CoverUp™ over the garment. Secure it to the legging using the hook tabs at the top edge of the Comfort CoverUp™. **Note:** The Comfort CoverUp™ can be worn to prevent the collection of lint on the tabs and to protect surrounding fabrics during night use.



◀ COMFORT THIGH-HIGH SOCKS™



Pull bands to firm and comfortable compression, or if directed by a Healthcare Professional, follow steps below to set compression to the prescribed level.

USING THE BUILT-IN PRESSURE SYSTEM™ (BPS™):

STEP 1: Locate the Universal BPS™ card in your packaging. Select and highlight the side of the card that corresponds to your ankle circumference.

STEP 2: Starting with the bottom band, line up the pressure guide line on the garment with the line on card marked with ▼.

STEP 3: Note where the second pressure guide line on the garment is in relation to the correct color coded pressure range on the card. (Fig. A, B, and C)

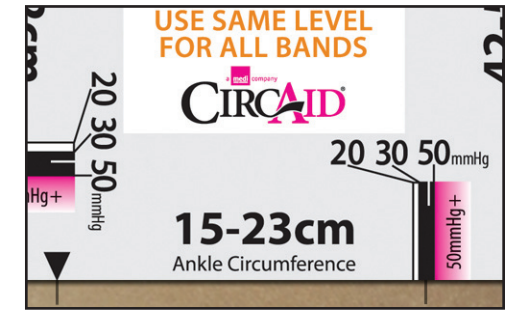
STEP 4: If the pressure guide line on the garment either falls short (Fig. B) or goes beyond the correct pressure range (Fig. C), readjust the band as necessary so the second guideline is aligned with the prescribed pressure range (Fig. A). Completely loosen band before reapplying if too much tension has been applied.

STEP 5: Repeat BPS™ Steps 2-4 for each band going up the leg. Be sure to adjust to the SAME tension on the BPS™ card scale as the bottom band. Bands may need adjusting throughout the day to maintain the prescribed pressure range.

Note: If using Juxta-Fit™ Lower Legging, only lightly apply bands overlapping lower legging to ensure gradient compression. Set remaining bands to firm and comfortable compression or prescribed level.

REMOVAL:

Disengage each band of the legging, starting at the top and working your way down. Fold each band back onto the body of the garment. Do not tightly roll the band back onto itself as this will cause the hook material to bend, reducing its adherence strength. When complete, the garment should resemble its starting position for easy reapplication. Lastly, slide the liner off the leg.



▲ Fig. A Correctly Adjusted for 30-50mmHg



▲ Fig. B Not enough tension for 30-50mmHg



▲ Fig. C Too much tension for 30-50mmHg, Set to 50mmHg+

REMEMBER: The Juxta-Fit™ legging should never hurt. It should feel firm but comfortable. If pressure increases or decreases noticeably during wear, loosen or tighten any bands. Always ensure, however, that the correct prescribed pressure range is being applied. Slightly loosen the bands of the legging for night time wear. Each set of vertical guidelines may be at a different location on the leg depending on the size and shape of the leg. They do not need to be aligned down the front center of the leg or in any other specific location on the leg.

IF EXPERIENCING ANY PAIN, IMMEDIATELY REMOVE THE JUXTA-FIT™ LEGGING AND CONSULT YOUR PHYSICIAN.



If further assistance is required, please contact CirAid® Customer Service by phone at (800) CIRCAID (247-2243) or by email at info@circaid.com.