

medi

# Juxta-Fit™ Standard Lower Legging

## THE PREMIUM PACKAGE INCLUDES:

- One (1) Juxta-Fit™ Standard Premium Legging
- One (1) Pair of Comfort Silver Leg Liners™ or Comfort Silver Knee-High Socks™

## THE ESSENTIALS PACKAGE INCLUDES:

- One (1) Juxta-Fit™ Standard Essentials Legging
- One (1) Pair of Comfort Leg Liners™ or Comfort Knee-High Socks™

## THIS PACKAGE MAY ALSO INCLUDE:

- One (1) Pair of Comfort Compression Anklets™
- One (1) Comfort EZ Single-Band Ankle-Foot Wrap™

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](mailto:orders@circaid.com).  
Instructional videos are available at [www.circaid.com](http://www.circaid.com).

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## 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 garments 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.

JF-SLL-DFU-111512-01

# JUXTA FIT™

## PREMIUM & ESSENTIALS

### STANDARD LOWER LEGGING

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

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

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

**COMPONENTS OF COMFORT COMPRESSION ANKLETS™:** Nylon, Spandex

**COMPONENTS OF COMFORT LEG LINERS™:** Cotton, Lycra®, Microban® Antimicrobial

**COMFORT KNEE-HIGH SOCKS™:** Cotton, Lycra®

**COMPONENTS OF COMFORT SILVER LEG LINERS™ / COMFORT SILVER KNEE-HIGH SOCKS™:** Cotton, Lycra®, Silver Coated Nylon

**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.

\*Average compression levels are at the ankle while in a seated position. Due to the inelastic nature of material, compression levels will vary with position. When bands are placed in parallel they should slightly overlap, leaving no space between bands. These garments are not designed to be cut or modified in anyway. Doing so will void the one year limited warranty (Premium) and the six month limited warranty (Essentials).

Circaid Medical Products, Inc. assumes no liability for injury or damages resulting from contraindicated use of its products. Circaid is a registered trademark and BPS, Built-In Pressure System, Juxta-Fit, Comfort Leg Liners, Comfort Silver Leg Liners, Comfort Knee-High Socks, Comfort Silver Knee-High Socks, Comfort EZ Single-Band Ankle-Foot Wrap, Comfort Compression Anklets, and Comfort CoverUp are trademarks of Circaid Medical Products, Inc. Velcro is a registered trademark of Velcro USA, Inc. Lycra is a registered trademark of INVISTA. Microban is a registered trademark of Microban International, Ltd. ©2012 Circaid Medical Products, Inc. All Rights Reserved.

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by medi

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# DIRECTIONS FOR USE

## IF USING THE COMFORT LEG LINER™ WITH THE COMFORT COMPRESSION ANKLET™:

The Juxta-Fit™ Legging is safe to use directly on the skin, however, the Comfort Leg Liner™ offers further protection to both the garment and the skin. Slide the Comfort Leg Liner™ onto the leg before donning the ankle or legging. Slide the Comfort Compression Ankle™ onto the foot and ensure that it is pulled high enough above the ankle bone so that it will overlap with the legging. Pull the top part of the ankle over the bottom part of the liner after the liner has been donned. Also ensure that there are no wrinkles in the liner where it is tucked into the ankle. If irritation to the ankle's cuffed edge is a concern, pull the top edge of the ankle over the bottom part of the legging after the legging has been donned. Proceed to "Donning the Juxta-Fit™ Legging" below.

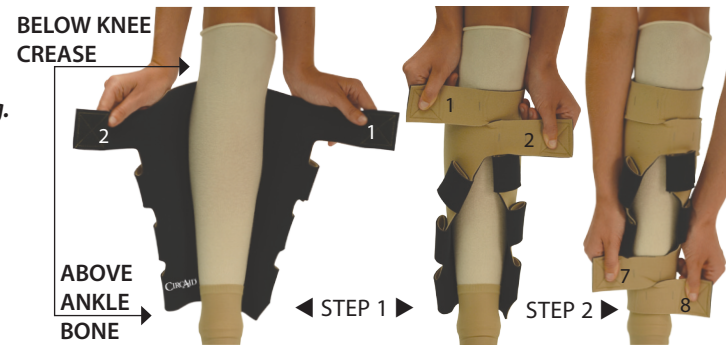
**IF USING THE COMFORT KNEE-HIGH SOCKS™ AND ANKLE-FOOT WRAP (AFW):** Slide the Comfort Knee-High Socks™ onto the leg before donning the Ankle-Foot Wrap. See the ankle-foot wraps' directions for use as needed. Proceed to "Donning the Juxta-Fit™ Legging" below.

## DONNING THE JUXTA-FIT™ LEGGING:

**STEP 1:** Align legging with black side against skin. Unroll the top two bands and loosely secure them around the calf just below the knee crease to anchor the legging in place.

**Note:** The CircAid® 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. If using the Premium legging, the hook tabs may be secured to the respective woven loop sections on the outside of the garment.



**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 from the bottom 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.

**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. For Juxta-Fit™ Premium leggings, ensure that there is contact between the hook tabs and at least a portion of the woven loop patches to extend the life of the garment. The top of the liner may be folded over the top edge of the legging.

**STEP 5:** Readjust the bands as needed throughout the day to provide firm and comfortable compression. The Comfort Compression Ankle™ may be worn day and night, but removal is recommended if experiencing discomfort when lying down. **Note:** Slightly loosen the bands for night-time wear.

**STEP 6:** If using a Comfort CoverUp™ 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.



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

**STEP 1:** Locate the BPS™ card in your packaging.

**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)

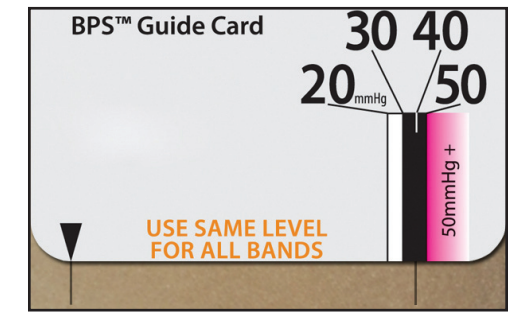
**STEP 4:** If the pressure guide line on the garment either falls short (Fig. B) or goes beyond the correct pressure range (Fig. C), readjust the band as necessary so the second guideline is aligned with the prescribed pressure range (Fig. A). Completely loosen band before reapplying if too much tension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

## 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. If using the Comfort Compression Ankle™, slide it off the foot. If using an Ankle-Foot Wrap, follow the Ankle-Foot Wrap's directions for use for removal. Lastly, slide the sock or liner off the leg.

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



▲ 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. The Comfort Compression Ankle™ may be worn day and night, but it is recommended that the Comfort Compression Ankle™ be removed if experiencing discomfort when laying down. The ankle can be worn over the legging if sensitivity to the ribbed edge is a concern.



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