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## THIS PACKAGE INCLUDES:

- (1) Ready-Fit™ Standard Legging
- (1) Pair of Comfort Knee-High Socks™
- (1) Comfort EZ Single-Band Ankle-Foot Wrap™

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

## CARE AND MAINTENANCE



HAND WASH



DRIP DRY OR FLAT DRY



DO NOT BLEACH



DO NOT IRON



DO NOT DRY CLEAN



DO NOT WRING

RF-SL-DFU-112012-01

# READY-FIT™ STANDARD LEGGING

COMPONENTS OF READY-FIT™: Polyethylene Plastic, Nylon, Neoprene, Satin Acetate

COMPONENTS OF COMFORT EZ SINGLE-BAND ANKLE-FOOT WRAP™: Nylon and Spandex

COMPONENTS OF COMFORT KNEE-HIGH SOCKS™: Cotton, Nylon and Lycra®

**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, Decompensated Congestive Heart Failure, Phlegmasia Cerula Dolens, Allergy to compression materials, Moderate peripheral arterial disease, Infection in the ankle and/or foot.

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, except as outlined in the directions for use; doing other than instructed will void the one year limited warranty.

CircAid Medical Products, Inc. assumes no liability for injury or damages resulting from contraindicated use of its products. CircAid is a registered trademark. Ready-Fit, Comfort EZ Single-Band Ankle-Foot Wrap and Comfort Knee-High Socks are trademarks of CircAid Medical Products, Inc. Lycra is a registered trademark of INVISTA. Velcro is a registered trademark of Velcro USA, inc. ©2012 CircAid Medical Products, Inc. All Rights Reserved.



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# DIRECTIONS FOR USE

## DONNING

**STEP 1.** Slide the Comfort Knee-High Sock™ onto the leg and over the knee.

**STEP 2.** Apply the enclosed Comfort EZ Single-Band Ankle-Foot Wrap™ according to its included directions for use.

**STEP 3.** Lay the garment out flat with the bands' hook tabs folded back onto the bands. Position the garment so that the neoprene spine runs along the back of the leg, with the smooth side of the black spine facing the skin. The bottom edge of the garment should be just above the prominent points of the ankle bone.

**STEP 4.** If the top edge of the legging is closer than 1.3 cm or 0.5 inches to the knee crease, the bottom band of the legging can be cut off to shorten the garment. This is to prevent irritation to the back of the knee. Please refer to the '**ALTERATIONS**' section for further information on adjusting the length.

**STEP 5.** Disengage the top two bands, pull them towards the front of the leg and feed one band through the hole in the other band.

**STEP 6.** Pull the ends of the bands lightly and secure the hook tabs to the outside of the legging to anchor the legging in place. Ensure that the bottom edge of the legging is positioned just above the ankle bone.

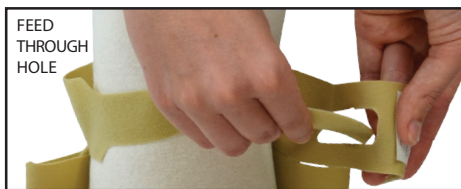
**STEP 7.** Disengage the bottom two bands, feed one band through the hole in the other and pull them to firm and comfortable compression. Then, secure the hook tabs to the legging.

**STEP 8.** Be sure to pull forward and away from the leg, before lowering the bands and pressing them onto the legging.

**STEP 9.** Continue securing one set of bands at a time going up the leg, pulling to firm and comfortable compression. Use the same amount of force when pulling each set of bands, going up the leg. Readjust the top two bands to firm and comfortable compression.



DISENGAGE



FEED THROUGH HOLE



PULL BANDS



PRESS TABS ONTO LEG TO SECURE



**DO NOT TUCK BANDS.**  
**THE VELCRO® HOOK SHOULD NEVER TOUCH THE SKIN!**

**STEP 11.** 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 set of bands accordingly. The garment should lay flat against the leg. The bands may need to be pulled at a slight angle to make the garment contour perfectly against the leg.

**STEP 13.** Flex the foot several times to confirm that the legging feels firm and comfortable.

**STEP 14.** Once the legging has been properly donned, roll the top part of the sock liner over the top edge of the legging.

**STEP 15.** Readjust the bands of the legging as needed throughout the day to provide firm and comfortable compression. Slightly loosen the bands for night-time wear.

## REMOVAL

**STEP 1.** Disengage each set of bands starting at the top of the garment. Pull one band out of the other one and roll each hook tab back onto its band. Do not tightly roll the bands back onto themselves, 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.

**STEP 2.** Proceed by removing the Comfort EZ Single-Band Ankle-Foot Wrap™ according to its removal instructions.

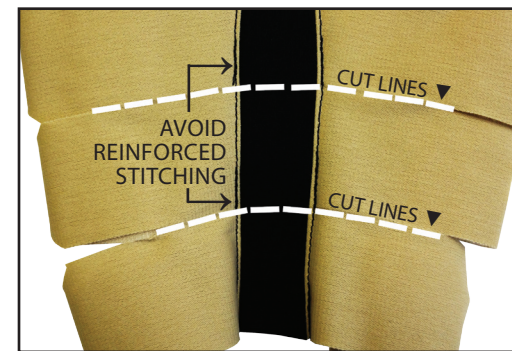
**STEP 3.** Lastly, slide the Comfort Knee-High Sock™ off the leg.

## ALTERATIONS

The following steps will illustrate which alterations can be made to the Ready-Fit™ legging. The following adjustments should be made by the fitter, clinician, or therapist at the time of fitting, if necessary.

### A) LEGGING LENGTH ADJUSTMENT

If the legging is too long for the patient, up to two bands may be cut from the bottom to shorten the garment. Locate the pencil lines on the inside of the garment, between the bottom bands to be trimmed and the ones above them. Carefully cut along the line, through the neoprene spine, to remove the bands. Do not cut any of the reinforced stitching and do not cut off any of the other bands. Refer to image →



### B) LEGGING RANGE ADJUSTMENT

If the legging has become too large for the patient, the slits between the bands may be lengthened to increase the range of the legging fits. This will also give greater flexibility to the legging. Locate the lines on the inside of the garment, between the bands. Carefully cut along the lines where the garment needs to be sized down or where greater flexibility is desired. Only lengthen the slits between the bands if necessary and cut very little at a time; gapping may occur if the slits are cut too long.

**PLEASE NOTE THAT NO OTHER MODIFICATIONS CAN BE MADE TO THE READY-FIT™ LEGGING.**

**REMEMBER:** The Ready-Fit™ Legging should never hurt. It should feel firm but comfortable. If pressure increases or decreases noticeably during wear, loosen or tighten any bands accordingly.



**IF EXPERIENCING ANY PAIN, REMOVE THE LEGGING IMMEDIATELY AND CONSULT YOUR PHYSICIAN.**



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If further assistance is required, contact Circaid® Customer Service by phone at (800) CIRCAID (247-2243) or by email at [info@circaid.com](mailto:info@circaid.com)