

# CLASSIC-FLEX™

## CUSTOM & STANDARD LEGGINGS

**COMPONENTS OF CLASSIC-FLEX™:** Nylon, Polyethylene, Neoprene, Satin Acetate

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

**COMPONENTS OF COMFORT KNEE-HIGH SOCKS™:** Cotton, Nylon, 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. Custom garments require a prescription. 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.

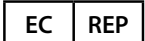
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# DIRECTIONS FOR USE

## 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™ per the 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 black spine facing away from the skin. The bottom edge of the garment should be just above the prominent points of the ankle bone.

**STEP 4.** For standard-sized Classic-Flex™ leggings, if the top edge of the legging is closer than 1.3 cm or 0.5 inches to the knee crease, bands on 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 the bands forward and away from the leg before securing the hook tabs to the legging.



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



**STEP 9.** Continue securing one set of bands at a time going up the leg, pulling to firm and comfortable compression. Be sure to readjust the top two bands to firm and comfortable compression.

**STEP 10.** Use the same amount of force when pulling each set of bands, going up the leg to ensure gradient compression.

**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.

**STEP 12.** 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.

## REMOVAL

**STEP 1.** To remove the Classic-Flex™ legging, disengage each set of bands starting at the top of the garment. Pull one band out of the other one and fold each hook tab back onto its band.

**STEP 2.** Do not tightly roll the bands back onto themselves, as this will cause the hook material to bend, reducing its adherence strength.

**STEP 3.** Securing the hook tabs while not in use will aid in keeping them lint free, thus extending the life of the product.

**STEP 4.** When complete, the garment should resemble its starting position for easy reapplication.

**STEP 5.** Proceed by removing the Comfort EZ Single-Band Ankle-Foot Wrap™ according to its removal instructions.

**STEP 6.** Lastly, slide the Comfort Knee-High Sock™ off the leg.

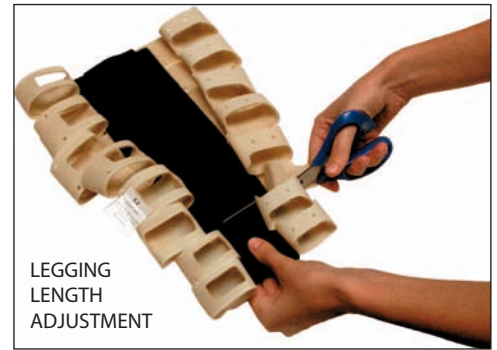


# ALTERATIONS

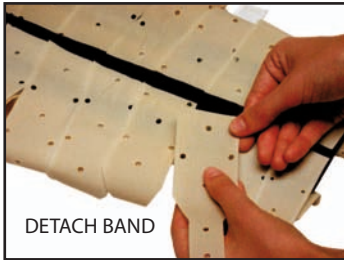
The following steps will illustrate which alterations can be made to the Classic-Flex™ legging. These adjustments should be made by the fitter, clinician, or therapist, if necessary.

## LEGGING LENGTH ADJUSTMENT

If the legging is too long for the patient, up to two of the bottom bands and or the top band may be removed to shorten the garment. None of the other bands may be cut. Remove the bottom set of bands and cut the neoprene spine just below the reinforced seam. This may also be done to the second set of bands from the bottom and the first set of bands from the top, if necessary.



## BAND LENGTH ADJUSTMENT



If the patient has reduced significantly, the Classic-Flex™ bands need to be shortened in order to provide compression.

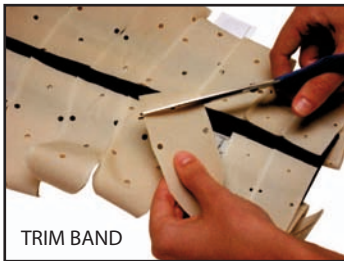
**STEP 1.** Determine which bands need trimming. Next, determine how much length needs to be trimmed from the band. Both bands in the set should be trimmed by equal amounts. For example, if the set of bands needs to be shortened by 2 cm, trim 1 cm off of each band.

**STEP 2.** Detach one band from the neoprene spine. Leave the other band for overlap and angle reference.

**STEP 3.** Cut the band to the desired length, then reattach it to the neoprene spine. If the band was originally cut at an angle, be sure to follow the same angle. Use the opposing band as a guide when reattaching the band.

**STEP 4.** Repeat step 3 with the opposing band.

**STEP 5.** Measure from the center of the male interlock to the center of the female interlock. Never trim so much from a band that there is more than a 5 cm length difference between the trimmed band and the bands above and below it. For example, if the set of bands is 40 cm long, the set below it should not be shorter than 35 cm long.



## BAND ANGLE ADJUSTMENT

If the bands do not lay flat at the back of the legging, it may be necessary to adjust the angle of one or more sets of bands. There are two ways to adjust the angle of the bands:

- One method to adjust the angle is to slide a pair of bandaging scissors into the gap between the band and the neoprene spine. Push the gapping section under the neoprene spine and press the spine in place.
- The second method of adjusting the band angle is to remove the band from the neoprene spine and to cut the band at a different angle. If the band gaps at the top edge, reduce the angle at which the band is cut. If the band gaps at the bottom edge, increase the angle at which the band is cut.

When finished, the legging should lay flat against the back of the leg.

## PLEASE NOTE THAT NO OTHER MODIFICATIONS CAN BE MADE TO THE CLASSIC-FLEX™ LEGGING.

**REMEMBER:** The Classic-Flex™ 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.**

# THIS PACKAGE INCLUDES:

- (1) Classic-Flex™ Compression Garment
- (1) Comfort EZ Single-Band Ankle-Foot Wrap™
- (1) Pair of Comfort Knee-High Socks™

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