

# JUXTA FIT<sup>TM</sup>

## ESSENTIALS

### ARMSLEEVE

10-20, 20-30, 30-40 or 40+ mmHg\*

**COMPONENTS OF JUXTA-FIT<sup>TM</sup> ARMSLEEVE:** Nylon, Polyurethane, Spandex, Silver

**LABELS:** Polyvinyl Chloride Plastisol or Satin Acetate

**COMPONENTS OF COMFORT COVERUP<sup>TM</sup>:** Nylon, Spandex

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

**INDICATIONS FOR USE:** Lymphedema.

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

**CONTRAINDICATIONS:** Severe arterial insufficiency, acute infection.

This garment is designed to provide measurable gradient compression based on average compression levels at the wrist. 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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**CIRCAID<sup>®</sup>**  
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# DIRECTIONS FOR USE

We recommend you apply any necessary finger dressings before applying the Armsleeve.

## 1. ALIGN ARMSLEEVE

Slide the armsleeve all the way up to the underarm. Ensure that:

- The thin elastic material running down the center of the armsleeve rests against the inside of the arm and elbow crease. The widest portion of the thin material is centered at the elbow crease.
- The seam on the back of the armsleeve should run along the back side of the arm. (The sleeve may feel tight initially. Slide sleeve on and off to loosen.)
- If wearing a hand piece, don the hand piece. If wearing a Juxta-Fit™ Glove or Gauntlet see their Directions for Use.



## 2. FASTEN THE BANDS

- Disengage the armsleeve band closest to the wrist. Pull the band up and across the thin elastic material on the inside of the arm and fasten the hook to the opposing side with firm and comfortable compression.
- Detach the second band and do the same, this time pulling the band in the opposite direction as the first and attach with firm and comfortable compression. Do the same with the remaining two bands on the forearm, alternating the direction in which the bands are pulled.
- If using the elbow band, pull it up and across the thin elastic material and attach to the opposing side of the elbow with firm and comfortable compression. The position of the elbow band may need to be adjusted to maximize comfort and ensure that no gaps are present between the bands.
- Attach the remaining top two bands with firm and comfortable compression. Ensure that the hook tab on the top most band is completely covered and will not rub the skin or cause discomfort.



## 3. APPLYING THE COMFORT COVERUP™ (OPTIONAL)

- Ensure that all tab ends of the armsleeve are securely fastened to the garment.
- Slide the Comfort CoverUp™ over your compression garment.
- Fasten the hook tabs of the Comfort CoverUp™ to the armsleeve.

## 4. REMOVAL

- Starting from the top, detach each of the tab ends and fold the bands back onto themselves. This will help make reapplication easy and aid in keeping the hook tabs from collecting lint and catching on other materials.
- Do the same with the bands on the gauntlet/glove and slide the hand piece off the hand.
- Slide off the armsleeve. Once complete, it should resemble its starting position.

## 5. ALIGN ELBOW BAND (OPTIONAL)

The elbow band will be pre-applied in its proper position for ease of use, however some adjusting to maximize comfort and coverage may be needed. If the elbow band is removed and needs to be reapplied:

- Locate the widest point at the elbow.
- Apply the elbow piece, placing the two hook tabs 1cm away from the medial edge of the widest elbow point. Ensure that the hook is not making contact with the thin elastic material, and the two short tabs should be set with one above, and one below the center of the elbow.
- The band should be oriented so that it can be pulled across the thin elastic material and connected to the other side.
- Use of the elbow band will assure continuous compression throughout the entire arm. However, if additional mobility is needed within the elbow region, the elbow band may be easily removed for increased flexibility. *Note: The elbow band is symmetrical, so either end may be used for alignment.*



**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 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 ▼.

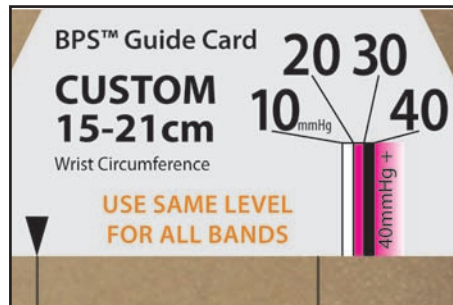
**STEP 3:** Note where the second pressure guide line on the garment is in relation to the correct color coded pressure range on the card. (Fig. A, B, and C)

**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.

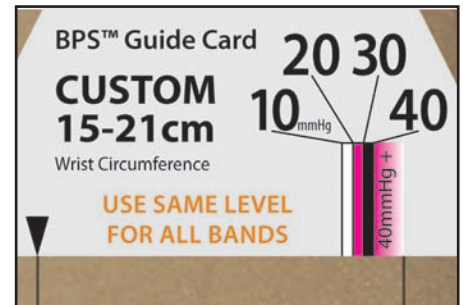
**STEP 5:** Repeat BPS™ Steps 2-4 for each band going up the arm. Be sure to adjust to the SAME tension on the BPS™ card scale as the bottom band. Bands may need adjusting throughout the day to maintain the prescribed pressure range.



▲ **Fig. A** Correctly Adjusted for 20-30mmHg



▲ **Fig. B** Not enough tension for 20-30mmHg



▲ **Fig. C** Too much tension for 20-30mmHg, Set to 40mmHg+

**REMEMBER:** The Juxta-Fit™ Armsleeve 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 armsleeve for night time wear. Each set of vertical guidelines may be at a different location on the arm depending on the size and shape of the arm. They do not need to be aligned down the front center of the arm or in any other specific location on the arm.



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

# Juxta-Fit™ Essentials Armsleeve

## THIS PACKAGE INCLUDES:

- One (1) Juxta-Fit™ Essentials Armsleeve
- One (1) Removable Juxta-Fit™ Elbow Band
- One (1) Comfort CoverUp™
- One (1) Built-In Pressure System™ (BPS™) Card
- One (1) Instructional DVD

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™ Armsleeve 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.