

A photograph of two women in a park. One woman, wearing a white short-sleeved top and a pink skirt, is standing behind a wooden swing, pushing it. The other woman, wearing a black and white striped short-sleeved top, blue leggings, and white sneakers, is sitting on the swing and smiling. The background shows green trees and a bright sky. A dark blue banner with the 'JOBST' logo is at the top left. A vertical text label 'Lower Limb Compression' is on the right side. A red wavy graphic is at the bottom left.

JOBST®

Lower Limb
Compression

JOBST® Selection Guide

Lower Limb Compression



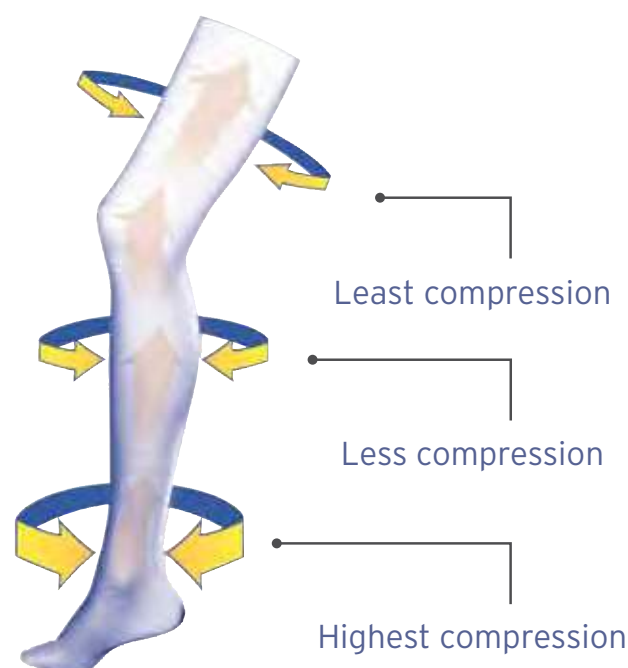
Selecting the product that serves your **patient's needs**

Different types of graduated compression socks or stockings are required for different indications.

The **JOBST® Medical LegWear range** is designed to relieve tired, aching legs, help treat venous conditions, and help prevent swelling of the feet, ankles and legs.

A measured amount of **graduated compression** is applied to your legs. It is highest at the ankle and tapers off up the leg, promoting normal flow of venous blood up the leg. It is therefore ideal for patients who are mobile and requiring support of the venous system to reduce oedema.

Alternatively, **anti-embolic stockings** are intended for use during surgical procedures and on patients confined to bed. They are designed to prevent blood clots rather than active oedema management.



What type of compression does my patient need?

1 Select the required compression

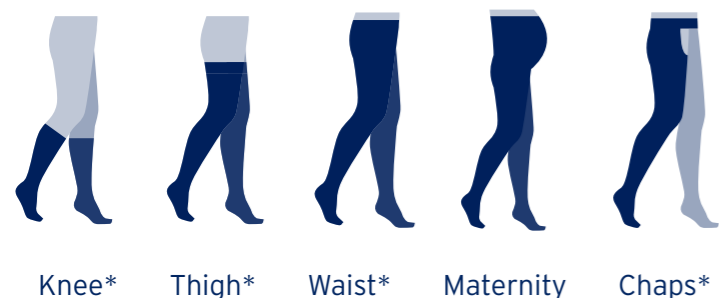
15-20 mmHg	20-30 mmHg	30-40 mmHg
<ul style="list-style-type: none"> Tired aching legs Minor ankle, leg and foot swelling Minor varicose during pregnancy Long distance travel 	<ul style="list-style-type: none"> Tired aching legs Moderate to severe varicose during pregnancy Post vein surgery/post sclerotherapy Moderate tendency of oedema Superficial thrombophlebitis Helps prevent recurrence of ulcerations 	<ul style="list-style-type: none"> Severe varicose veins Lymphatic oedema Post vein surgery/post sclerotherapy Venous ulcers Manages manifestations of Post Thrombotic Syndrome (PTS), Chronic Venous Insufficiency CVI/CVD Aids in prevention of thrombotic syndrome

JOBST® Medical LegWear should not be worn and is contraindicated for the following conditions:

- Ischemia (eg. Advanced arterial disease)*
- Uncontrolled congestive heart failure
- Untreated septic phlebitis
- Phlegmasia coerulea dolens

*As part of a comprehensive assessment, a Doppler Ultrasound is used in the vascular screening process to clarify the vascular aetiology. A hand-held Doppler will assist in determining the degree, if any, of arterial disease. Using the Doppler the Ankle/Brachial Index (ABPI) can be calculated.

2 Select garment style



* open toe available

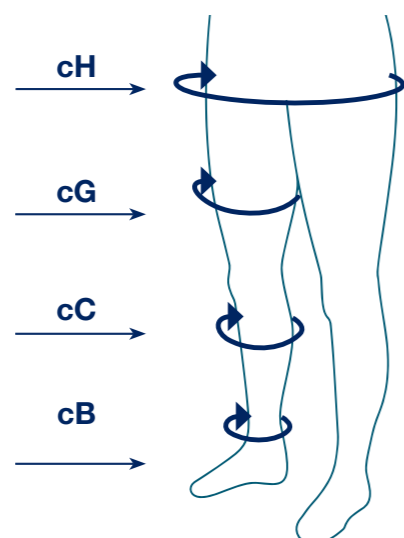
Some considerations when selecting the most appropriate style for your patient:

- Indication being treated/managed
- Lifestyle, mobility and age
- Ability to don and tolerate level of compression
- Skin Integrity
- Open toe or closed toe requirements
- Maternity Style only available in JOBST® UltraSheer

3 Measure for JOBST Medical LegWear

Measuring positions

- cH - Hip**
Circumference at largest dimension around buttocks.
- cG - Thigh**
Circumference at largest dimension.
- cC - Calf**
Circumference at largest dimension.
- cB - Ankle**
Circumference at smallest dimension.



Provide the following measurements for:

- Knee High - cB & cC
- Thigh High - cB, cC & cG
- Waist high - cB, cG & cH

- Each leg is measured independently
- Measure in the early morning when possible as swelling occurs later in the day

Selecting the most appropriate JOBST® ready-to-wear product

JOBST® Ready-To-Wear

Your patients preferred garment is available in all 3 compression levels

	Product	Compression	Features	Colours
DAILY	JOBST UltraSheer Stockings	15 - 20 mmHg 20 - 30 mmHg 30 - 40 mmHg	An exceptional combination of comfort, style and graduated compression therapy. JOBST® UltraSheer offers a fashionable sheer look in 4 styles and 3 colours to suit every patients needs. *Maternity available **Open toe available	Natural Pattern Black
	JOBST forMen Casual Socks (unisex)	15 - 20 mmHg 20 - 30 mmHg 30 - 40 mmHg	A soft, contemporary, relaxed design offering graduated compression. Dri release delivers superior moisture wicking technology to keep feet dry and cool. With its reinforced heel and strong yarns, JOBST® forMen Casual Socks are able to resist daily wear and tear. Contains a wool blend.	Black Khaki
WORK WEAR	JOBST forMen	15 - 20 mmHg 20 - 30 mmHg 30 - 40 mmHg	With a unique knit structure, the ribbed design offers a fashionable men's look dress sock. JOBST forMen offers therapy and style with unparalleled comfort and durability.	Black
	JOBST ActiveWear Socks (unisex)	15 - 20 mmHg 20 - 30 mmHg 30 - 40 mmHg	A soft, latex free, easy to apply medical compression sock that fits active lifestyles by providing the look and feel of athletic socks. The soft and seamless fit facilitates easy application and maximum comfort.	Black White
SPORT	JOBST Sport	15 - 20 mmHg	The athletic compression socks for fast moisture transportation. Soft and lightweight with a breathable knit, they provide long wearing comfort for all activities.	pink/grey royal/grey
	JOBST Relief	15 - 20 mmHg 20 - 30 mmHg 30 - 40 mmHg	Graduated compression in a classical stocking appearance. With its remarkable durability and comfort, the product will offer lasting support and longevity **Open and closed toe available	Black Beige

JOBST® UlcerCARE

JOBST® UlcerCARE™ enables effective management of hard to heal wounds on the lower leg while offering ease of use for patients and care givers - the perfect combination for providing patients with an improved quality of life.

JOBST® UlcerCARE™ Compression System:

- Provides graduated compression of 40 mmHg, the recommended pressure for the healing of these types of wounds
- Is a 2-in-1 stocking system designed for patient's self-management to facilitate easy changing of the wound dressing and to allow for improved personal hygiene (e.g. bathing and skin care)
- JOBST UlcerCARE Liner provides mild compression (17mmHg) for the non-ambulatory patient to help manage lower leg oedema during bed rest
- Outer stocking comes with a zipper on the left or right side for comfortable closure on the opposite side of the wound. It is removed at night and applied first thing in the morning



Measurements table

Size	JOBST UlcerCARE Zipper Stocking and Liners (1 stocking/2 liners)		JOBST UlcerCARE Replacement Liners (3 liners)		
	Ankle	Calf	Zipper on Left Side	Zipper on Right Side	
Small	18 - 21 cm	29 - 35 cm	73631-21	73631-61	73632-21
Medium	21 - 24 cm	34 - 41 cm	73631-22	73631-62	73632-22
Large	24 - 27 cm	40 - 47 cm	73631-23	73631-63	73632-23
X-Large	27 - 30 cm	46 - 54 cm	73631-24	73631-64	73632-24
XX-Large	30 - 33 cm	48 - 56 cm	73631-25	73631-65	73632-25
XXX-Large	33 - 36 cm	50 - 58 cm	73631-26	73631-66	73632-26
XXXX-Large	36 - 39 cm	52 - 60 cm	73631-27	73631-67	73632-27



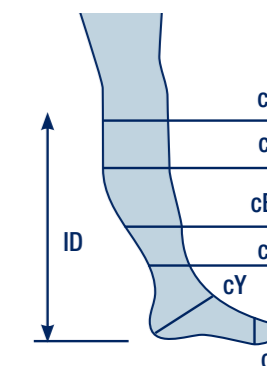
JOBST® Elvarex Soft knee high compression garments

Ready to Wear soft flat knit compression garments

JOBST® Elvarex® Soft Knee High garments are the perfect alternative for patients where management with circular knitted garments are no longer suitable.

They are indicated for the management of mild Lymphoedema and vascular insufficiency

- Soft and Skin Friendly: The soft knitted yarn combines skin protecting softness with excellent breathability, making it an ideal solution for those with sensitive and fragile skin
- Therapeutically effective: Combining the right level of compression with the right fabric stiffness, JOBST Elvarex Soft offers an extremely comfortable and effective treatment for low to moderate oedema



Measurements table

JOBST Elvarex Soft 20-30 mmHg Silicone band - short 2.5 cm, long 5 cm

Size	I	I plus	II	II plus	III	III plus	IV	IV plus	V	V plus	VI	VI plus
Long (ID AD = 40-45)	79559-012	79559-018	79559-013	79559-019	79559-014	79559-020	79559-015	79559-021	79559-016	79559-022	79559-017	79559-023
Short (ID AD = 34-39)	79558-012	79558-018	79558-013	79558-019	79558-014	79558-020	79558-015	79558-021	79558-016	79558-022	79558-017	79558-023

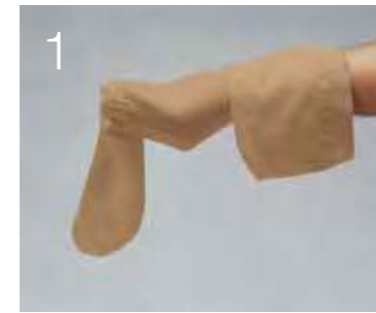
JOBST Elvarex Soft 30-40 mmHg Silicone band - short 2.5 cm, long 5 cm

Size	I	I plus	II	II plus	III	III plus	IV	IV plus	V	V plus	VI	VI plus
Long (ID AD = 40-45)	73552-012	73552-018	73552-013	73552-019	73552-014	73552-020	73552-015	73552-021	73552-016	73552-022	73552-017	73552-023
Short (ID AD = 34-39)	73579-012	73579-018	73579-013	73579-019	73579-014	73579-020	73579-015	73579-021	73579-016	73579-022	73579-017	73579-023
cD	28-32		30-34		32-36		34-38		36-40		38-42	
cD plus	32-36		34-38		36-40		38-42		40-44		42-46	
cC	29-33		31-35		33-37		35-39		37-41		39-43	
cC plus	33-37		35-39		37-41		39-43		41-45		43-47	
cB1	23-26		25-28		27-30		29-32		31-34		33-36	
cB1 plus	24-27		26-29		28-31		30-33		32-35		34-37	
cB	18-20		20-22		22-24		24-26		26-28		28-30	
cY	26-31		28-33		29-35		31-37		32-38		33-40	
cA	17-22		19-24		21-26		23-29		25-32		27-34	

c = circumference



JOBST® Application



1 Put the hand inside the stocking and grip the heel.



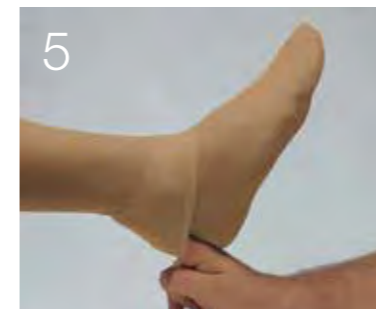
2 Turn the stocking inside-out, whilst still holding onto the heel.



3 Pull the inside-out of the stocking over the front of the foot as far as the heel.



4 Gradually pull the stocking onto the calf, like a normal stocking.



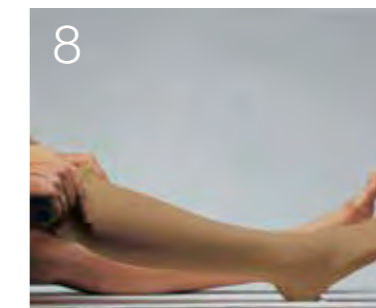
5 Push the overlapping part of the stocking over the heel.



6 Fold over the stocking and pull without using force.



7 Make sure that the heel of the stocking is free of creases.










8 Pull the stocking up to the knee, thigh or waist; let it slide over the thumbs.

Knee high socks or stockings should finish 2 finger width's below the knee crease at the back of the leg.



JOBST® UltraSheer, forMen, forMen Casual, ActiveWear, Sport and Relief Sizing

Style	Measurement	Small	Medium	Large	Large FC	XLarge	XLarge FC
Unisex	Ankle 	18 - 21 cm	21 - 25 cm	25 - 29 cm	25 - 30 cm	29 - 33 cm	30 - 36 cm
	Calf 	28 - 38 cm	30 - 42 cm	32 - 46 cm	46 - 61 cm	34 - 50 cm	46 - 61 cm
	Thigh 	40 - 62 cm	46 - 70 cm	54 - 78 cm		60 - 81 cm	
	Hip 	71 - 117 cm	76 - 127cm	81 - 137 cm		102 - 166 cm	
Maternity	Ankle 	18 - 21 cm	21 - 25 cm	25 - 29 cm		29 - 33 cm	
	Thigh 	40 - 62 cm	46 - 70 cm	54 - 78 cm		60 - 81 cm	
	Hip 	81 - 132 cm	86 - 14 2cm	91 - 152 cm		112 - 180 cm	

UltraSheer: Petite Knee High Length 34-39cm, Regular Knee High Length 39-45cm

FC: Full Calf

JOBST® Accessories

JOBST Stocking Donner

Product Code: 79668-00

Due to the nature of compression stockings, people may find putting them on to be initially a challenging task. The **JOBST Stocking Donner**, which features a **lightweight frame** and foam grip handles, is designed to aid in the application of all JOBST Medical LegWear.



1 Place your JOBST compression stocking inside the semi-circle frame and pull the top of the stocking down over the semi-circle. The heel of the stocking must face the back of your JOBST® Stocking Donner. Continue to slide the stocking down over the semi-circle until the heel protrudes from the frame, and is centred and even.



2 Whilst using a support for balance, insert your foot into the stocking until your foot is completely on the floor.

Helpful Tip: Sit down and hold the heel pocket against the frame as you slide your toes into the stocking.



3 Preferably whilst seated, grasp the padded handles and gently pull the stocking donner upwards whilst moving your leg slightly outwards, until the stocking is above the calf.



4 Push the JOBST Stocking Donner backward and down to free the stocking.

Be sure the heel of the stocking is properly placed on the foot. Then adjust the length and smooth out any wrinkles by stroking with the palm of your hands.

The knee band in Knee High socks or stockings should stop two finger widths below the crease at the back of the knee.

"IT Stays!"® Roll-on Body Fixative

Product Code: 79274-01

- "IT Stays!"® is a roll-on body fixative used to hold JOBST® LegWear in place
- "IT Stays!"® is pliable, moves with your body and can be washed off easily with water
- "IT Stays!"® does not stain
- Available in a 59ml bottle



JOBST® General Care Instructions

Washing Instructions

- Hand or gentle machine warm wash at 40 degrees celsius (Laundry bag recommended)
- Use mild liquid detergent
- Do not use powder detergent as it clogs elastic fibres
- Rinse well to remove all traces of detergent

For garments with silicone bands

The use of skin care products (such as skin creams, body lotion or powder) as well as various skin types (such as dry or peeling skin) and hair growth, may prevent the silicone band from keeping the thigh high in place. Therefore, moisturisers should be well absorbed before applying stockings.

We recommend the following steps to maximise the grip performance:

1. Turn the garment inside out before washing
2. Before the main wash, thoroughly hand wash the silicone band using a delicate fabric detergent. Concentrate on removing any lotions, hair or foreign material from the silicone.

Drying Instructions

- Dry JOBST® UltraSheer, JOBST® Travel Socks and JOBST® UlcerCARE™ liner either indoors or in the shade, laid flat
- JOBST® forMen Casual, ActiveWear, forMen, Relief and UlcerCARE™ outer stocking can all be tumble dried at low temperature
- Do not wring



Please refer to the product label and / or package insert for full instructions on the safe use of these products.

Always read the label and use only as directed. If symptoms persist, see your doctor / healthcare professional.