

Juzo Adjustable Compression System

Patient Self Care Information Sheet

PATIENT INFORMATION

Name:	Date of Issue:	6 Month Reorder Date:
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Important: please contact GP or clinical team if needs change

Prescribed garments and quantities:



Hi I'm Julius
Scan me to help you find the correct PIP Code
and GP Email order request template letter.

Juzo Adjustable Compression System Light Calf	Normal / Long	Size <input type="text"/>	Left / Right	Black / Beige	Items <input type="text"/>
Juzo Adjustable Compression System Light Foot	Normal / Long	Size <input type="text"/>		Black / Beige	Items <input type="text"/>
Juzo Liner Dual Stretch Below Knee	Normal / Short <small>*(Beige)</small>	Size <input type="text"/>		Black / Beige	Items <input type="text"/>

Why Compression Therapy is Important

You have been prescribed these garments as part of your ongoing treatment and care. It is essential that you wear these garments every day as they will help to support healing, prevent swelling and reduce risk of leg ulcers reoccurring.

How to Use the Juzo Adjustable Compression System Light

1. Prepare skin – wash and dry the area
2. Apply in morning when legs are smallest
3. Use liner – wear a liner stocking for added protection
4. Put leg through holder and position wrap – align it correctly
5. For Reduced compression – Single-layer: pull Velcro tabs to full stretch on bottom layer and secure, gently rest the top layer, then secure, do not pull to full stretch
6. For Full compression – Dual-layer: pull Velcro tabs to full stretch on BOTH layers and secure
7. Adjust as needed - re-adjust tabs as swelling decreases
8. Monitor skin - check for irritation or discomfort
9. Remove before bed, unless advised not to
10. Further image details on reverse or scan QR code for video

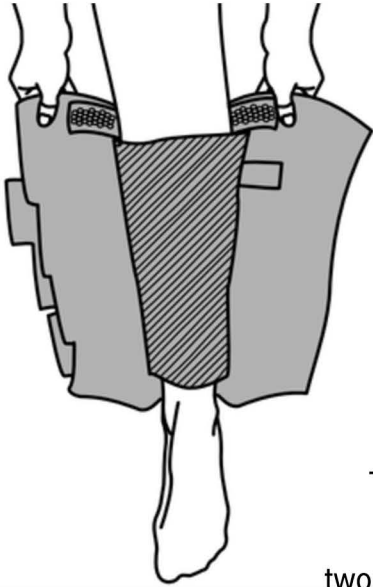
Skin Care Tips

- Cleanse daily with lukewarm water
- Apply fragrance-free moisturiser (downward strokes)
- Check skin for redness or swelling
- Stay hydrated

Washing Instructions (ensure you have 2 items, one to wash, one to wear)

1. Detach Velcro fasteners before washing
2. Machine wash at 30°C with mild detergent, avoid bleach and fabric softeners
3. Air dry flat and avoid direct heat and sunlight- do not tumble dry, iron or dry clean
4. Extend intervals by wearing liners underneath wraps

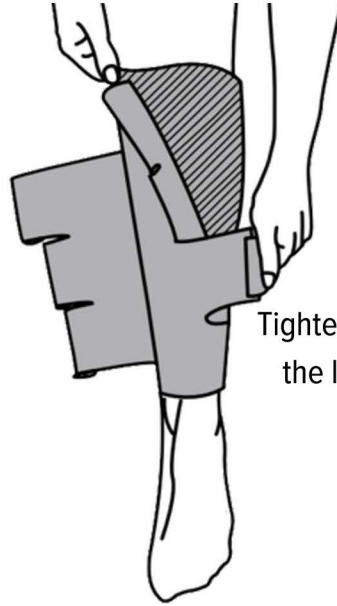
Juzo Adjustable Compression System Donning Guide



Step 1

Put your leg into the integrated lining. The calf wrap ends at ankle level.

The grip top should end approximately two centimeters below the back of the knee.



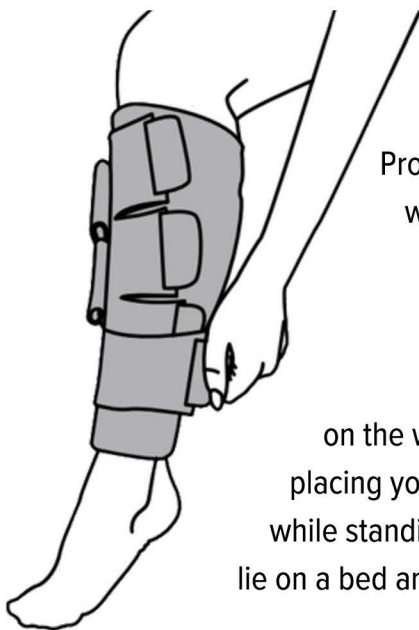
Step 2

Start by closing the inner row of tabs above the ankle.

Tighten the first tab around the leg and secure it with the touch fastener.

Continue closing the other tabs from the bottom to the top.

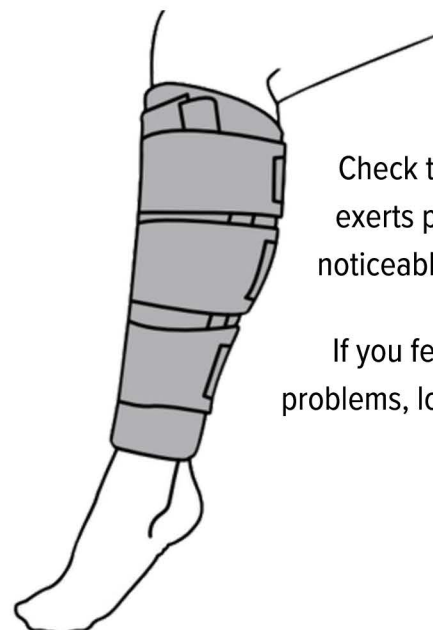
- If you only require **reduced compression**, rest the top layer over the first layer and **STOP**
- For **full compression** proceed to **Step 3**



Step 3

Proceed in the same way with the outer row of tabs

Tip: if you find it difficult to put on the wrap, we suggest placing your foot on a chair while standing. Alternatively, lie on a bed and raise your legs.



Step 4

Check that the product exerts pleasant, clearly noticeable compression.

If you feel pain or other problems, loosen the touch fasteners.

Point your phone camera at the QR code to view a video tutorial.



CLINICIAN ADVICE

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