



Custom-fit compression: *made to fit your individual needs*



Individual *choice*, individual *garments*, individual *patients*

You have been measured and prescribed a JOBST Elvarex custom-fit compression garment. Everyone is different, and custom-fit is all about tailoring your compression to suit you and your unique needs. Your custom-fit garment is tailored precisely to your individual measurements, ensuring the best fit, comfort and benefits for you.

Given the choice, most people would choose to have their clothes custom made: a jacket or dress made specifically to your measurements for the perfect fit, rather than off the shelf. It's the same with compression garments. The custom-fit means that:

- Your garment looks better, as it's fitted to your unique shape
- Your garment feels better, as it's individually tailored for your measurements
- It should fit comfortably enough to enable you to wear your garment more, achieving the best results for your health
- It should be easier for you to put on and take off, as it's been designed for your individual shape¹

Benefits of JOBST® Elvarex® flat-knit

- Helps reduce your swelling
- Lets your skin breathe
- Increased comfort
- Less risk of fabric working into skin folds
- Less risk of damage to your skin, which can cause infection
- Gives your skin a massaging effect during movement
- The strong fabric provides high resistance, important to getting the most from your treatment

¹Elwell R, Heal D, Lister L (2017) Impact of JOBST Elvarex knee and elbow functional zones on quality of life. *British Journal of Community Nursing* 22(10): S58-67

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Working with your clinician

clinician's contact number

If you have problems or questions, you should contact your nurse for advice. If you experience pain, tingling or numbness, or changes of colour in your leg, remove your garment and contact your nurse immediately.



www.bsnmedical.co.uk

Do you have any questions for
your clinician?

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TOP TIPS

You can get the most out of your
JOBST Elvarex garment by:

-  Wearing your compression garment as much as possible
-  Taking care of your skin - washing and drying your skin gently, and moisturising before bedtime
-  Eating healthily and moving as much as possible
-  Using the affected limb and moving it as much as you can
-  Working with your clinician to ensure that your compression garment provides maximum benefit to you and your health

Getting the most out of your JOBST Elvarex garment

For the best results, compression garments should be worn daily, which is why a comfortable custom-fit garment is the ideal choice. Your compression garment should be firm and supportive, but never painful or too tight. If worn correctly, your garment should not roll, curl or twist.

Wearing your compression garment correctly and as much as possible has been shown to help reduce swelling, improve your skin condition and may have further positive impacts on your general health and wellbeing.¹

Caring for your garment

Machine wash your garment at 40 degrees using mild detergent on a gentle cycle. You have been provided two garments to allow for daily washing



Do Not: Tumble dry, use fabric softeners, dry on the radiator or leave it in direct sunlight



After washing, lay it on a thick towel, roll up and squeeze to remove excess water



This material is for informational purposes only. It does not replace the advice of a healthcare professional

