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## **OptiFlow EC & Cinch Arm Instructions**

(For OptiFlow EC & Cinch Arm)

### **To Apply With Assistance (Initial Fitting must utilize enclosed stockinette)**

1. If you have assistance, place the OptiFlow EC on a flat surface. Position your arm lengthwise on top of the OptiFlow EC.
2. Have your assistant wrap both sides of the OptiFlow EC around your arm until a snug, comfortable fit is achieved. Secure with the Velcro strip. For personal comfort the Velcro strip can be aligned at any position on the arm.
3. At this point you may apply bandages or the Cinch over the OptiFlow EC. If you are to wear the Cinch with the OptiFlow EC, please see Cinch fitting instructions.

### **To Apply Without Assistance (Initial Fitting must utilize enclosed stockinette)**

1. If you do not have assistance, close both sides of the OptiFlow EC while it is not on the extremity.
2. While closed, pull the OptiFlow EC up the extremity by the Velcro strip. Do NOT pull on the foam, use the reinforced area at the Velcro strip\*. Adjust until a snug, comfortable fit is achieved. For personal comfort the Velcro strip can be aligned at any position on the arm.
3. If you are to wear the OptiFlow EC and Cinch, apply Cinch over the OptiFlow EC prior to sliding on the OptiFlow EC. When doing so, loosen all the straps on the Cinch. After OptiFlow EC and Cinch are on the arm, you may then proceed in tightening the straps to a snug comfortable fit.
4. Foam will tear if pulled on, use the reinforced area where the large Velcro strip is located. Tears that occur are not deemed a defect and charges will apply for repairs.

**\* Foam will tear if pulled on, use the reinforced area where the large Velcro strip is located. Tears that occur are not deemed a defect and charges will apply for repairs.**

**\*If there is any discomfort while wearing your compression sleeve, remove sleeve and contact your health care provider.**

## **To Remove Optiflow EC and Cinch**

1. The Cinch straps must be loosened first. The OptiFlow EC may then be removed and reapplied again, without opening the sleeve, by pulling on the reinforced area at the Velcro strip.

## **Cleaning Instructions**

### **Washing**

Hand wash in lukewarm water with a mild liquid dish washing soap. Do not use any soap that contains fabric softeners. Do NOT use Woolite! Do NOT dry clean!

### **Drying**

For strapless garments squeeze out any excess water. For garments with straps, roll a towel up inside the sleeve and pull the straps as tight as possible to allow the towel to soak up any excess water. Now air dry the garment or place it in a dryer on the fluff cycle with **NO** or **LOW HEAT**. For garments with straps make sure that **all straps are closed** in the wearing position. For strapless garments Velcro close the garment in the wearing position. Place a tennis shoe in the dryer with the sleeve to keep it moving around for best results. These garments can take a long time to dry. For ReidSleeve Classic garments we recommend taking a full day to dry them in the dryer. **PowerSleeves included with garments should only be air dried.**

**We offer a complete professional cleaning. Please contact us if you are interested in this service.**



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## **TheCinch Fitting Instructions** (For OptiFlow EC & Cinch Arm)

TheCinch is applied over a foam liner, such as our OptiFlowEC, replacing bandages.

The patient's physician or therapist should determine appropriate effective pressures. Do not set the compression as snug as bandaging.

Pull TheCinch straps so compression is felt snug on the extremity. Monitor the measurements and make adjustments accordingly. Loosen or remove if numbness, tingling or discomfort occurs and contact your physician or therapist for evaluation.

### **To Apply With Assistance** (Initial Fitting must utilize enclosed stockinette)

1. Place TheCinch on a flat surface. Position your arm/leg (with the OptiFlowEC previously applied) lengthwise on top of TheCinch.
2. Wrap both sides of TheCinch around the OptiFlowEC.
3. Secure the Velcro strip snug enough so it can be pulled off, but not fall off.
4. Tighten each strap, starting from bottom to top; compression should feel snug and comfortable.

### **To Apply Without Assistance** (Initial Fitting must utilize enclosed stockinette)

1. Close and secure TheCinch at the Velcro closure and slip on to your arm or leg over the OptiFlowEC. Do NOT pull on the foam, use the reinforced area at the Velcro strip\*. If you are unable to slide TheCinch on, remove and loosen at the Velcro strip. You are seeking what position to close the strip at where you can slide on TheCinch but it won't fall off on it's own. You may need to try several closures to find the right pressure.
2. Tighten each strap, starting from bottom to top; compression should feel snug and comfortable.

**\*If there is any discomfort while wearing your compression sleeve, remove sleeve and contact your health care provider.**

## **Removal**

- 1) Loosen all straps and slide TheCinch off the extremity. Both the OptiFlowEC and TheCinch should be able to slide on and off without opening the long Velcro closure. Always remove by pulling TheCinch and OptiFlowEC off at the Velcro strip to avoid damaging or tearing the garment.

## **Cleaning Instructions**

### **Washing**

Hand wash in lukewarm water with a mild liquid dish washing soap. Do not use any soap that contains fabric softeners. Do NOT use Woolite! Do NOT dry clean!

### **Drying**

For strapless garments squeeze out any excess water. For garments with straps, roll a towel up inside the sleeve and pull the straps as tight as possible to allow the towel to soak up any excess water. Now air dry the garment or place it in a dryer on the fluff cycle with **NO** or **LOW HEAT**. For garments with straps make sure that **all straps are closed** in the wearing position. For strapless garments Velcro close the garment in the wearing position. Place a tennis shoe in the dryer with the sleeve to keep it moving around for best results. These garments can take a long time to dry. For ReidSleeve Classic garments we recommend taking a full day to dry them in the dryer. **PowerSleeves included with garments should only be air dried.**

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