



CALIFORNIA  
108 Whispering Pines Dr. STE 115  
Scotts Valley, CA 95066  
Toll-Free Phone: 800-293-3362  
Toll-Free Fax: 866-808-7538  
Phone: 831-430-9066  
Fax: 831-430-9068

NORTH CAROLINA  
500 Wait Ave Suite 1  
Wake Forest, NC 27587  
Toll-Free Phone: 800-606-7655  
Phone: 919-556-8934  
Fax: 919-556-0693

ONLINE  
Email: [contactus@reidsleeve.com](mailto:contactus@reidsleeve.com)  
Web: [www.lymphedema.com](http://www.lymphedema.com)

## **OptiFlow EC Fitting Instructions** (For OptiFlow EC Leg)

### **Application of the OptiFlow EC (Initial Fitting must utilize enclosed stockinette)**

1. Place the Optiflow EC on a flat surface. Position your leg lengthwise on the top of the Optiflow EC.
2. Wrap both sides of the Optiflow EC around your leg 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 leg. Position the tongue piece over ankle opening, tucking in the edges (optional).
3. After applying the Optiflow EC, you may either wrap the bandages around the Optiflow EC or you can apply the Cinch.
4. To apply the Cinch over the Optiflow EC Place the Cinch on a flat surface making sure the Cinch is completely opened with straps undone. Position your leg with the Optiflow EC on lengthwise on the Cinch.
5. Wrap the Cinch around the Optiflow EC until a snug, comfortable fit is achieved. Secure the Velcro strip. Begin to tighten each strap, starting from bottom to top. Tighten each strap so it is a snug and comfortable fit.

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

### **To Remove and Reapply**

1. The Cinch straps must be loosened first. The Optiflow EC and Cinch may then be removed and reapplied again without opening both sleeves by pulling on and off at the Velcro strip only.
2. Remove Optiflow EC and Cinch prior to walking. DO NOT attempt walking while the Optiflow EC and Cinch are applied.

**\* 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.**

## **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.**