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### **Fitting Instructions for OptiFlow® RM Leg** **(Initial Fitting must utilize enclosed stockinette)**

1. Loosen all straps so sleeve can open fully up.
2. Wrap sleeve around leg, tighten each strap until the sleeve is snug, providing a consistent and comfortable compression. Do not over tighten the sleeve.
3. Monitor the extremity, and as the extremity responds, re-adjust the straps until effective results are maintained.
4. Similar to bandaging, individuals must find their effective, yet comfortable range of compression.
5. To remove the sleeve, loosen the straps. Do not attempt to slide the leg in or out of the sleeve without loosening the straps as this may damage the sleeve.

### **Fitting Instructions for OptiFlow® RM Foot Piece** **(Initial Fitting must utilize enclosed stockinette)**

1. Unwrap foot-piece and lay it on the floor under your foot.
2. Place foot on top of the RM foot piece, placing the heel in the opened posterior area.
3. Close the foam closure on top of the foot (over arch area).
4. Pull the strap over the top of the foot until a snug comfort fit is achieved.
5. Close the foam closure at ankle area.
6. Pull the strap **WITHOUT** the label first over the ankle area.
7. Pull the strap **WITH** the label over the ankle area. The strap with the label should be the final strap secured. Pull for a snug and comfortable fit.
8. To remove the foot piece, unfasten each strap in reverse order from donning. Do not remove foot piece without first opening the straps.

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

**NOTE: Peninsula Medical does not recommend the above garments to be used during any physical activity (i.e. walking, biking, driving). It is designed to be a night time compression device or to be worn during non-ambulatory times. Use only as directed by your advising health care provider.**

### **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.**