



**Everett**  
1300 44th Street SE  
Everett, WA 98203  
Phone 425-339-2559  
Fax 425-339-1583

**Bellingham**  
3106 Northwest Ave  
Bellingham, WA  
98225  
Phone 360-734-0298  
Fax 360-734-9679

**Mt. Vernon**  
1520 Roosevelt Ave  
Mt. Vernon, WA  
98273  
Phone 360-416-6505  
Fax 360-416-8241

**Edmonds**  
7631 212th Street  
SW, STE 102A  
Edmonds, WA 98026  
Phone 425-776-1247  
Fax 425-776-8045

**Sequim**  
566 N Fifth Ave  
Sequim, WA 98382  
Phone 360-797-1001  
Fax -360-797-1003

**Spokane**  
101 E Hastings Rd,  
STE J  
Spokane, WA 99218  
Phone 509-620-9362  
Fax 509-505-0912

### PRESCRIPTION COMPRESSION GARMENTS

Compression garments are single patient use, and are therefore non-refundable with the exception of a manufacturer's defect. We have 30 days from the date of delivery to return a defective garment to the manufacturer for replacement. On Custom Made garments, we have 15 days from date of delivery for fitting issues. Please wash and dry your garment and return to us in the Original packaging. We cannot return garments without Original packaging. Unwashed garments cannot be returned.

### WEARING SCHEDULE

It is best to apply your garments 1<sup>st</sup> thing upon rising, and to remove before retiring. If any edema (swelling) is present, elevate affected limb above heart level for 20 to 30 minutes before applying garments. Apply to dry skin only.

### HOW DO I PUT THE GARMENT ON?

#### Closed toe garments

Reach into the stocking and grasp the heel. While holding the heel, pull arm out to turn the leg portion of stocking inside out, just to the heel, which will now be at the top (the toe portion will be inside). Stretch the stocking as wide as possible and pull onto foot, over the instep to the heel, making sure the heel is positioned correctly on the bottom of your foot.

Apply snug, textured dish washing gloves. Grasp the stocking just below the top band and pull it up over the heel, just above the ankle. This will turn the stocking right side out. Gently work the stocking up the leg, a little at a time smoothing out wrinkles as you go using a gloved hand, until the appropriate length and position of garment is reached. Gently tug on the toe to insure "wiggle" room for your toes. Do not use the top band to "pull" the garment into position.

#### Open toe garments

Use the directions above. And, if included, the "slipper" that comes with some brands. When stocking is in place, gently hold the heel with one hand, and pull the "slipper" off with the other.

#### Arm sleeves

Fold the top half of the sleeve down over the bottom half. Using a gloved hand, gently ease the sleeve over the hand and up the arm until the folded edge reaches the elbow. Take the end of the top half of the sleeve and slide it slowly up the upper arm towards the shoulder, smoothing wrinkles with the palm of gloved hand as you go, until appropriate length and position of the garment is reached.

NOTE: using a little baby powder or cornstarch on your skin can make it easier the put your garments on. If you have a silicone band, use a little rubbing alcohol to wipe the powder/cornstarch off the silicone. Also, there are donning devices available for special needs.

### HOW OFTEN SHOULD I REPLACE MY GARMENTS?

Each garment is designed for approximately 90-180 wears (3 - 6 months). If the compression level is compromised due to holes, runs or volume change, they should be replaced as soon as possible. Please keep in mind that you may need a new prescription and/or referral for the new garments. If you have experienced volume changes, you should also call and schedule an appointment to be re-measured for an appropriate fitting garment.

### WASHING INSTRUCTIONS

Hand wash cool to luke-warm water and Air-dry between each wearing. Use liquid soap and rinse well. Make sure garment is completely dry before wearing. If the manufacturer has specific washing instructions, please follow them instead.

Do not use any of the following on your garments:

Bleach, Bleach substitutes, Fabric softeners, Lanolin, Any product meant for wool or silk (i.e. Woolite), No dish soap.

You may use the following products that do not contain the above listed products:

Low phosphate liquid laundry soap, lanolin free liquid hand soap.

(Example: Dreft Liquid laundry soap, Walmart- Equate, liquid antibacterial hand soap)

Oxyclean is OK

If your healthcare provider has you using any special lotions/ointments, please continue to use these. However, if you are not, please use lotions/ointments that are lanolin free.

(Example: Cetaphil Lotion & Cream. Generic versions are OK)

### IMPORTANT INFORMATION

Call Cornerstone if: The garment is irritating your skin in any way, If you have pain from the garment. If you have any questions about the fit or care of the garment, or if you would like to reorder.

Call your physician if: Your extremity feels like it has a hot burning pressure in one spot (localized) and/or have increased redness & swelling. Call 911 if: You have sudden difficulty breathing. These are common signs of a blood clot (DVT). This does not mean that you will get a blood clot (DVT). However, because of your venous issues you are more susceptible than someone without venous issues. Compression garments are designed to help prevent blood clots (DVT's). However, they can still develop. Please DO NOT ignore these symptoms.

The most common sensations that you may experience are: cooling, itching or tingling. These are good sensations. Your garment should never cause you pain.

PLEASE CONTACT YOUR PHYSICIAN SHOULD YOU HAVE A CHANGE IN YOUR GENERAL HEALTH.

I acknowledge receipt of this information packet:

Signature: \_\_\_\_\_ Date: \_\_\_\_\_