



Credenhill

Instructions for the use and care of

Credalast[®] Compression Hosiery

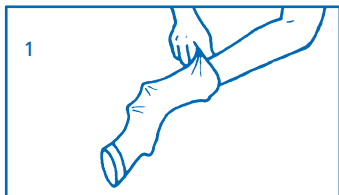


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FITTING INSTRUCTIONS

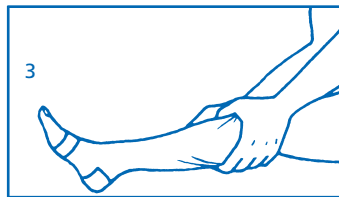
Fit your Credalast® stockings early in the morning, if possible before getting out of bed. Your legs should be dry and the use of talcum powder will assist application. Be careful with sharp fingernails and rings as these can damage the fabric. It may help to use rubber gloves as the friction they create makes it easier to put the stockings on.



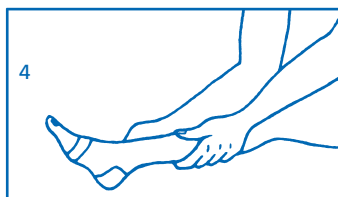
Hold the heel pouch from inside and turn stocking inside out but leaving the toes the right way.



Carefully pull the stocking over the foot to the heel and check that the heel is correctly positioned.



Smooth the stocking over the ankle and up the leg, carefully stretching small sections at a time. Do not pull the stocking by the upper edge.



Smooth out all the wrinkles over the whole length of the stocking.

To remove your stockings, peel them off gently. Do not roll the stocking to remove.

We recommend the use of the Easy-Slide® Application Aids for all open and closed toe stockings. Contact Credenhill for the address of your nearest stockists.

WARNINGS AND PRECAUTIONS

- Only wear compression stockings after consulting your doctor or nurse.
- You are advised to be measured by a healthcare professional to ensure that you are provided with the correct size.
- Credalast® compression stockings are intended for single patient use.
- Do not turn down the top of your stocking.
- Ensure that your footwear is in good condition as shoes that have protruding nails or cracked soles may damage the stocking fabric.
- Care should be taken when applying hosiery over bony prominences and thin legs to avoid damage to the skin and circulation.
- Thigh length styles require suspenders to maintain the stocking in the correct position on the leg.
- Consult your doctor, nurse or pharmacist if, whilst wearing your compression hosiery:
 - You experience any increase in pain in your legs.
 - Your leg is more itchy, hot or painful than usual.
 - Sensation diminishes in the toes or if they become cold or change colour.

If in doubt, remove your stockings until you have consulted your healthcare professional.

Washing Instructions



- Hand wash using a mild detergent.
- Rinse out well and gently squeeze but do not wring.
- Dry flat or hang up in the open air.
- Do not iron.
- Do not tumble dry.
- Do not bleach.
- Do not dry clean or spot clean with chemical cleaning fluids.

Indications for use

Class I

Light Support

Compression at ankle 14-17 mm Hg

Indications: Superficial or early varicose veins

Varicose veins during pregnancy

Class II

Medium Support

Compression at ankle 18-24 mm Hg

Indications: Varicose veins of medium severity

Venous ulcer treatment and prevention of recurrence

Mild leg swelling

Varicose veins during pregnancy

Class III

Firm Support

Compression at ankle 25-35 mm Hg

Indications: Gross varicose veins

Severe venous insufficiency

Gross leg swelling

Venous ulcer treatment and prevention of recurrence

Contra-indications

Credalast® compression stockings should not be worn by anyone suffering from the following

Absolute contra-indications:

Arterial disease in the legs.

Severe heart disease.

Severe infections of the veins.

Relative contra-indications:

Infections of the skin.

Loss of feeling in the legs.

Allergy to compression stocking fabric.

Credenhill assumes no liability as a result of any contra-indicated use of the product.

For further information:

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