



WEARING ROUTINE

Compression garments are designed to be worn every day. Day garments should only to be worn during the day and not overnight.

Night garments should be worn at night and whenever you do not have your day wear on.

Your wearing routine is:

DAY



_____ HOURS PER DAY



NIGHT

_____ HOURS PER NIGHT



CONTACT

If you have any questions, please do not hesitate to contact me.



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Compression GARMENTS

WEAR, CARE, RENEW & REPLACE

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CARE INSTRUCTIONS

Washing



- Place compression wear into a laundry bag and wash regularly.
- Cold wash or warm wash at 40 degrees (no hotter).
- Wash and dry day garments over night to ensure they are ready to use the following morning.
- Daily washing is advised to avoid bacterial and fungal infections.
- Do not use fabric softener when washing your compression garments as it will degrade the elastic fibres in the garment.



Drying

- Air dry out of direct sunlight.
- Turn garments inside out and wrap in a towel for extra moisture wicking.
- ONLY Comfiwave compression garments can be placed in the dryer.

EXCHANGE & REFUND POLICY

Every care is taken to ensure your garments are the right fit for you.

Specialized training for garment prescription including the correct measuring, fabric selection, allocation of compression class and fitting procedures are regularly undertaken by your therapist.

Garments that have been worn cannot be returned or exchanged due to hygiene purposes, unless there is a genuine fault.

Should there be a genuine fault in your compression garment, please return it immediately.

Your compression garments will then be returned to the manufacturer with photo of the issue and written documentation.

Refunds and replacements are granted at the manufacturers discretion.

Garments can not be refunded or exchanged for change of mind.



REPLACEMENT PERIOD

Compression garments should be renewed every 6 months from the date of purchase.

Your renewal date is:

SKIN CARE & PERSONAL HYGIENE



Before applying daytime compression wear, remove all jewellery and ensure your skin is washed and clean.

Inspect your skin and webbing space between your fingers or toes for cuts, abrasions, and infections.

Ensure your nails are not jagged or in danger of ripping your compression garment.

Moisturiser high in Vitamin E will degrade your compression garments. Use creams in a tub or tube instead of a pump bottle; Moogoo, Cetaphil and Aveeno are recommended moisturisers.

After moisturising, allow your skin to dry before applying your compression garment.

Repeat procedure for night time garment use.