

JOBST® FARROWWRAP® RANGE

PATIENT INFORMATION LEAFLET

JOBST

DEFY GRAVITY



JOBST.CO.UK

FIND THE BEST SOLUTION...

At JOBST®, our aim is for patients, like you, to find the right therapy for a healthy, independent, active and comfortable lifestyle. With the JOBST® FarrowWrap® range, we are able to offer you a full portfolio of products to help deliver what you want: the freedom to live your life.

MANAGING YOUR CONDITION

You have been prescribed a JOBST® FarrowWrap® by your healthcare professional to help:

- Reduce swelling and / or
- Improve circulation and / or
- Help to heal a venous leg ulcer

Compression therapy is the gold standard for treating the above conditions. Compression should feel firm and comfortable.

WHAT IS JOBST® FARROWWRAP®?

JOBST® FarrowWrap® is a wrap compression system designed for patients with limb swelling. If you have difficulty putting on a compression garment then JOBST® FarrowWrap® might be the best solution for you, as it can be removed and reapplied by you or your carer/family member, as required.

HOW DOES JOBST® FARROWWRAP® WORK?

JOBST FarrowWrap has a number of bands that are applied from bottom to top, overlapping each other by 50%. Alternatively, they are interlocking bands (JOBST® FarrowWrap® 4000). It provides a high working pressure and a low resting pressure, which means that as you are moving and active, it helps enhance the calf-muscle pump movement. This increases venous and lymphatic return to reduce or prevent further swelling. This makes wrap compression systems very effective in the treatment of swelling for lymphatic and venous conditions.

WHAT CAN YOU DO TO SUPPORT YOUR TREATMENT?

EXERCISE AND MOVEMENT

- Keep as active as possible and elevate (raise) your legs when you are resting
- Regular walks can help improve your circulation
- Try not to stand in one position for prolonged periods
- If you are unable to walk, simply move your toes up and down regularly to flex your calf muscle

SKIN CARE

- Wash your skin thoroughly and frequently, and dry carefully
- Keep your skin soft and supple to avoid drying and cracking by applying moisturisers at night

WEAR YOUR JOBST FARROWWRAP AS ADVISED

- You need to wear your wrap compression system, especially during the day when your legs are not elevated

STAY HEALTHY

- Keeping your weight within normal limits will help with treatment outcomes
- Attend regular check-ups and report any problems to your health care professional



HOW TO PUT ON YOUR JOBST® FARROWWRAP®

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help video on
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your JOBST
FarrowWrap



FOOTPIECE

Any open wound must be covered with an appropriate dressing prior to putting on the liner.

1. Apply your JOBST® FarrowWrap® liner, as this should be worn underneath the wrap.
2. Unwrap the footpiece and lay it on the floor, with the hole for the heel closest to you.
3. Place your foot on top of the footpiece, lining up your heel with the hole at the back of the footpiece. (Figure 1)
4. Take the footpiece bands, closest to the toes, on each side and pull both sides over the top of the foot to the opposite side. Pull to resistance and secure with the VELCRO™ fastener. Now apply the remaining band, the one closest to the ankle, in the same manner. (Figure 2)
5. After securing the forefoot, take one of the ankle bands and pull it over the top of the mid-foot to the opposite side. Secure in place with the VELCRO™ fastener. (Figure 3)
6. Repeat the same step with the other half of the ankle band on the opposite side. (Figure 4)
7. When removing the footpiece, fold the VELCRO™ fastener back over on itself onto the same band to prevent it catching on material.



Figure 1



Figure 2



Figure 3

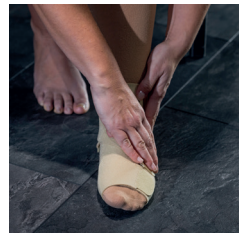


Figure 4

HOW TO PUT ON YOUR JOBST® FARROWWRAP®

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LEGPIECE

Any open wound must be covered with an appropriate dressing, prior to putting on the liner.

1. Apply your JOBST® FarrowWrap® liner, as this should be worn underneath the outer wrap and footpiece, if applicable.
2. Unwrap the legpiece and lay the wrap on the floor, behind your leg, with the label side facing up. When properly donned, the white label will be located just below the knee crease. The shortest bands will be closest to the ankle.
3. Take each side of the band closest to your ankle and pull forward, wrapping the band around the lowest part of the leg, pull to resistance and secure with the VELCRO™ fastener. (Figure 1). If wearing a footpiece, the bottom band should overlap the top of the footpiece.
Top tip: secure the band closest to you first at the top of the calf as an anchor point to keep the legpiece in place, then fasten the remaining bands as instructed in steps 3 and 4.
4. Repeat with each band, moving up the leg, with approximately a 50% overlap on the band before. Smooth out any wrinkles as you go (Figure 2).
If you've used the top band as an anchor point (as per the top tip), reapply with a 50% overlap on the band before.
5. Fold the liner down over the top of the legpiece (if no thighpiece is being donned).
6. When removing the legpiece fold each VELCRO™ fastener back over on itself onto the same band to prevent it catching on material.



Figure 1



Figure 2



HOW TO PUT ON YOUR JOBST® FARROWWRAP®

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4000

Any open wounds must be covered with an appropriate dressing prior to putting on the liner.

1. Apply JOBST® FarrowHybrid® (Figure 1).
2. Slide the wrap over the leg, using the donning sleeve to help position the wrap so it sits comfortably.
3. Take hold of the two bottom bands, one in each hand, pull to resistance and secure on the opposite side with the VELCRO™ fasteners (Figure 2 & 3).
4. Repeat with the top two bands. Make sure that there is no gapping between bands (Figure 4).



Figure 1



Figure 2



Figure 3



Figure 4

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THIGHPIECE (INCLUDING KNEEPIECE)

Any open wounds must be covered with an appropriate dressing prior to putting on the liner.

Thighpiece

1. Apply your JOBST® FarrowWrap® thigh high liner, as this should be worn underneath the wrap.
2. Apply the footpiece and / or legpiece as applicable.
3. Place the kneepiece to the side, as it will be put on later.
4. Unwrap the thighpiece and ensure the white label is facing you. While seated, take the thighpiece and place it underneath the thigh. It should rest just above the knee with the label centred on the back of the upper thigh.
5. Apply the lower thighpiece band around the lower thigh, just above the knee, and pull to resistance and secure with the VELCRO™ fastener.
6. Apply the remaining band(s) in the same manner, smoothing out any wrinkles as you go (Figure 1).

Kneepiece

7. Secure the inner middle band around the knee cap (Figure 2).
8. Secure the lower band so that it overlaps the legpiece and the middle band of the kneepiece (Figure 3).
9. Secure the top band so that it overlaps the thighpiece and middle band of the kneepiece (Figure 4).
10. When removing the thighpiece fold the VELCRO™ fastener back over on itself onto the same band to prevent it catching on material.



Figure 1



Figure 2



Figure 3



Figure 4



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LITE ARMPIECE

Any open wound must be covered with an appropriate dressing prior to putting on the armpiece.

1. Unwrap and place the garment in front of you on a flat surface, and place it so that the VELCRO™ fastener pieces are facing inward and the white label is closest to you.
2. Slide the affected arm palm up through the sleeve until it reaches the armpit, ensuring the wrist is not restricted in movement. (Figure 1)
3. The outer seam should be in line with the thumb and the inner seam in line with the little finger. Smooth out any wrinkles. (Figure 2)
4. Bend your arm at ninety degrees. Take the first VELCRO™ fastener band at the wrist and pull to resistance towards the outside of the arm, and fix securely. (Figure 3)
5. Moving up the arm, secure the remaining VELCRO™ fasteners in the same manner. It may be necessary to tighten the upper most VELCRO™ fastener piece by pulling from underneath, near the tricep area. Adjust each VELCRO™ fastener as necessary, to smooth out any wrinkles and ensure a correct and comfortable fit. (Figure 4)
6. When the garment is properly donned, all the VELCRO™ fasteners will be on the outside of the arm, and the stitch seam should be at or near the elbow crease.
7. When removing the garment, begin with the VELCRO™ fasteners closest to the armpit and work your way down.



Figure 1



Figure 2



Figure 3

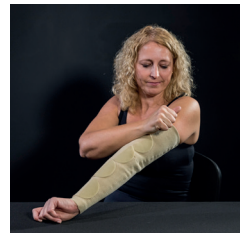


Figure 4

WHAT ELSE DO I NEED TO KNOW?

HOW TO APPLY AT THE CORRECT COMPRESSION LEVEL

- You should feel a little resistance in the fabric as you pull, but the garment should not be so tight that it feels uncomfortable
- Your healthcare professional will provide advice on how much tension to apply
- Having a consistent amount of tension throughout the garment helps to ensure graduated compression and the best treatment outcomes possible

HOW LONG SHOULD I WEAR MY JOBST® FARROWWRAP® FOR?

Your JOBST® FarrowWrap® should be worn from when you get up in the morning until you go to bed at night. Your healthcare professional will advise if you need to wear it for longer than this. There is no issue if you want to, or are advised to, sleep in your JOBST® FarrowWrap® garment.

WHEN SHOULD I REPLACE MY JOBST® FARROWWRAP®?

JOBST® FarrowWrap® is backed up by a six-month guarantee against garment failure due to manufacturing or material defect. It should be replaced every six months. After 6 months, the material loosens and your JOBST® FarrowWrap® may no longer provide the compression, fit or support needed to manage your swelling.

EXERCISE AND MOVEMENT

Exercise and movement is an important element in the treatment of lymphoedema and chronic oedema, as it stimulates the calf muscle pump and increases lymph flow, as well as improving muscular strength, cardiovascular function, psychological wellbeing and functional capacity¹.

Speak to your healthcare professional about your exercise programme to ensure that it is suitable.






IMPORTANT NOTES

- Attend regular check-ups and report any problems to your healthcare professional
- The liner can be machine washed daily, and JOBST FarrowWrap can also be laundered at home, but do not use fabric softeners
- Please refer to the product label and / or package insert for full instructions on washing, safe use and the care of your JOBST® FarrowWrap®

HOW TO LOOK AFTER YOUR JOBST® FARROWWRAP®

Prior to washing, fold the VELCRO™ fastener back on itself to prevent it sticking to itself or other items during the wash cycle.

LITE / STRONG






-  Machine wash in COLD water
-  Tumble dry, NO HEAT
-  Do not iron
-  Do not dry clean
-  DO NOT BLEACH

Use a mild fabric detergent WITHOUT bleach

Replace every 6 months as a minimum

Do not use a fabric softener

CLASSIC






-  Handwash only in COLD water
-  DO NOT Tumble dry
-  Do not iron
-  Do not dry clean
-  DO NOT BLEACH

Use a mild fabric detergent WITHOUT bleach

Replace every 6 months as a minimum

Do not use a fabric softener

4000






-  Machine wash in COLD water
-  Tumble dry, NO HEAT
-  Do not iron
-  Do not dry clean
-  DO NOT BLEACH

Use a mild fabric detergent WITHOUT bleach

Replace every 6 months as a minimum

Do not use a fabric softener






HYBRID LINER

-  Machine wash in warm water
-  Tumble dry, low heat
-  Do not iron
-  Do not dry clean
-  DO NOT BLEACH

Use a mild fabric detergent WITHOUT bleach

Replace every 6 months as a minimum

TG SOFT LINER

-  Machine wash in warm water
-  Tumble dry, low heat
-  Do not iron
-  Do not dry clean
-  DO NOT BLEACH

Use a mild fabric detergent WITHOUT bleach

Replace every 6 months as a minimum



MEET THE UNSYNCHRONISED SWIMMING TEAM

WE REFUSE TO LET LIPOEDEMA, LYMPHOEDEMA OR VENOUS CONDITIONS REMAIN TABOO

That's why we brought together a group of fearless individuals who defied the limitations of their condition by trying synchronised swimming for the first time. Through their inspiring stories, we aim to show that nothing can hold you down.



Read more about their empowering journeys on our website: [jobst.co.uk/defy-gravity](https://www.jobst.co.uk/defy-gravity)

For more information about our range of compression therapy products visit: jobst.co.uk

References

1 Lymphoedema Framework. Best Practice for the Management of Lymphoedema. International consensus. London: MEP Ltd, 2006.



JOBST®,
an Essity brand



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