

# APPLICATION DATASHEET

## Assistica® MEDICAL ELASTIC COMPRESSION PRODUCTS

with a curative, sanative and preventive effect  
(tights, stockings, mono-stockings and knee-length socks of different forms and sizes)

### Models:

- AA 401-P, 401-1, 401-2, AA 401-1-1-AC, AA 401-1-AB, AA 401C-P
- AA 402-P, 402-1, 402-2
- AA 403-2
- AA 404-P, 404-1, 404-2, 404-2-M
- AA 405-P, 405-1
- AA 408-1, 408-2, AA 408-1-1-AC, AA 408-2-1-AC

### Purpose:

The products are intended for prophylaxis, treatment and compressive therapy of varicose and lower limb varicose veins, in case of hereditary predisposition, excessive weight, during pregnancy and after delivery, work in a standing or sitting position for long periods and weight lifting. Also for other diseases and conditions which are accompanied by chronic venous insufficiency and/or lymphostasis. Another area of applying these products is for the prevention of venous thromboembolic events, which are thrombosis of deep veins, lower limb saphenous veins (thrombophlebitis) and thromboembolism of the pulmonary artery. A curative effect is reached due to pressure (compression) being distributed (graduated) in a certain way along the leg length (maximum at the ankle zone, evenly decreasing in the shin and the lowest at the thigh zone). Only graduated compression is clinically successful. Graduated compression is transferred to all soft tissues, including the walls of the superficial and deep veins, creating favourable haemodynamic conditions for blood outflow improvement and unloading veins. The product's pressure on the veins reduces their space and restores the consistency of venous valves, preventing blood reverse outflow. Compression of the muscles activates the operation of the muscular-venous pump of the shin. The combined effect of these factors results in an acceleration of blood flow along the superficial and deep veins, a reduction of blood viscosity, as well as prevents thrombosis.

**Prophylactic compression products (compression degree of up to 18 mm Hg)** are intended for the prevention and recovery of venous and cardiovascular insufficiency and the prevention of lower limb deep vein thrombosis and embolisms. They are also effective for heavy and weary leg sensations and minor oedemas in the shin area, capillaceous spider veins, spider-burst and thread veins. Pregnant women with prophylaxis of varicose veins, risk group professions (work in a standing or sitting position for long periods and weight lifting) and persons with a predisposition to varicose veins or obesity benefit as well.

**Treatment and preventive products of compression class 1 (18 mm Hg to 21 mm Hg)** are intended for the treatment and prevention of venous insufficiency at the initial stage: numbness, creeps and strutting sensations, minor oedemas and pain in the feet and shin area towards the end of the day, prophylaxis of varicose veins during pregnancy and after delivery, work in a standing or sitting position for long periods and for persons with a predisposition to varicose veins or obesity.

**Treatment and preventive products of compression class 2 (23 mm Hg to 32 mm Hg)** are intended for the treatment of varicose disease in the absence of trophic disturbances, prevention of deep vein thrombosis in risk groups, any signs of chronic venous insufficiency during pregnancy and after childbirth, post sclerotherapy status, after and before phlebectomy surgery as well as other surgeries, in cases of acute

thrombophlebitis, post thrombophlebitic syndrome, a post traumatic oedema. **Please note!** The application of products of compression class 2 requires the consultation of a medical specialist.

**Composition of raw materials:** polyamide – 80%, lycra – 20%.

**Methods of application:** the compressive products can be used at inpatient and outpatient institutions and at home.

The product form (medical long socks, stockings, mono-sockings or tights) is selected depending on the affected venous segment. The upper edge of the product must be 5-10 cm above the affected zone. When the application of a compressive product is required on one leg, a mono-socking can be used with a fastener at the waistline. A mono-socking can also be applied as an alternative to men's tights.

The compression degree for treatment is selected individually by a doctor! The size should be selected according to the leg measurements: the ankle circumference in the narrowest part, the shin circumference in the widest part, the shin circumference under the knee, the circumference of the upper third of the thigh, the thigh circumference below the buttock (see the measurement places on the packaging). The measurements are made either independently or with the participation of an assistant or a specialist. The measurements must be done with the legs in a horizontal position, in the morning (prior to the appearance of oedemas) or for the legs after rest.

**The procedure of putting on the compressive products.** Prior to putting on the compressive products, we recommend to take the jewellery off your hands. It is recommended to use rubber gloves. Most often the products are torn or worn in the area of the feet or toes. This can be a result of footwear defects, corns, calloused skin on the heels, long nails on the toes – pay attention to the condition of your footwear and feet. We do not recommend pulling and cutting technological threads on the inner side of the product, as well as threads and loops which appear due to careless wear.

1. *Put on rubber gloves.*
2. *Place your hand inside the product's toe.*
3. *Turn it out up to the heel, holding the top of the product with your other hand.*
4. *Take the product with both hands in such a way that your thumbs are inside.*
5. *Stretching the product both ways, put it on gradually, several centimetres at a time, as if rolling it on and pulling it up with the padded part of your fingers. Put the product on in a sitting position.*
6. *When putting the product on in a lying position, the legs must be half-bent in the physiologically horizontal position.*
7. *Special care must be observed when putting the product on at its narrowest part – the heel area. Check after putting the product on – so that the product's heel and your heel coincide!*
8. *Smooth out the product on your legs.*

**Wearing schedule.** Unless prescribed otherwise by the doctor, we recommend you to put the product on in the morning and wear it for the whole day. An important factor of successful therapy is regular wear of the curative medical stockinet. Termination of the compression may contribute to the progression of the disease and the worsening of symptoms of chronic venous insufficiency. The silicone band must not come into contact with water, soap or cream. For cleaning and restoring the sticky properties of the silicone, we recommend to wipe the band with a sponge dampened in white spirit (30-40%). Under the conditions of daily wear, it is recommended to purchase two pairs for the convenience of usage.

**Please note!** When the size is selected correctly, the product of compression class two can cause unpleasant sensations and an increase in pain during the first days of wearing. Such complaints should be disregarded until the removal of the oedema. To adapt to wearing the compressive stockinet, it is permissible to reduce the wear duration initially, subsequently increasing daily until the required duration is achieved.

**Rules for taking off compressive products.** Prior to taking off the product, remove all jewellery from your hands. The same way as when putting on the product, it is recommended to use rubber gloves. Take the product by its top end and pull it down by rolling out towards the foot. While rolling out, carefully take the product off the heel and the front part of your foot.

**Please note!** When taking off the stocking, never pull it by the silicone band. This can damage the product in the place where the silicone band is fixed to the main part of the stocking.

**Contraindications:** individual incompatibility with the raw material components of the product, trophic ulcers of non-venous causation, acute infection of the soft tissues of the legs, incl. erysipelatosus inflammation, local diseases of the leg skin, decompensated cardiovascular insufficiency, severe violations of the lower limb arterial circulation with a pressure below 80 mm hG in shinbone arteries, diabetic neuropathy and angiopathy.

**Sanitary-and-hygienic processing:** the compressive products are resistant to the impact of various ointments and creams, but an accumulation of remnants of such substances, dust and epidermis can lead to chafing of the threads.

We recommend daily hand washing. The compressive products are hand-washed in a soap solution, at a temperature of +40C, not using substances containing bleachers and chlorine. Do not apply chemicals when cleaning. Careful wringing without twisting and spreading for drying is recommended. Ironing is prohibited.

**Please note!** To retain the fixing properties of the interior part of the silicone band on the stockings it is recommended to wipe it with a sponge dampened in white spirit (30-40%). The silicone band must not come into contact with soap, creams, lotions and solvents.

**Storage:** the products are stored in dry, clean, well ventilated premises at a temperature of +3°C to +30°C and a relative humidity of 60-65%.

**Packing:**

1 piece (tights); 2 pieces (socks, stockings).

**GUARANTEE:**

The manufacturer guarantees the most important elements for success in compression therapy:

- The adjusted distribution of therapeutic pressure;
- Exact compliance of the product to the determined compression class;
- Compliance to the size selected strictly according to the individual anatomic measures. The scheme of measurements and the table of sizes are provided in online item description.

**The guaranteed therapeutic compression is retained for 6 months** under conditions of daily wear and with the observation of the product usage rules provided in the Instructions for Use.

**The guarantee does not cover** the mechanical damage of the products.

The manufacturer's warranty covers **only retention of the curative effect**, i.e. retention of compressive properties of the product.

- We recommend taking jewellery off prior to putting on the compressive products. Using rubber gloves is advised.
- Most often, the products are torn or worn through in the areas of the foot and toes. This can happen due to footwear defects, callosities on feet, rough skin on heels, long nails on toes - pay attention to the condition of your footwear and feet.
- We do not recommend drawing or cutting off technological threads on the inner side of the product, as well as threads and stitches which appear during careless wear.
- The compressive products are resistant to the impact of creams and ointments, but accumulation of remnants of these substances, dust and epidermis leads to fraying of threads. We recommend daily manual washing in warm water with chlorine-free soft detergents.
- The silicone thread must not be in contact with water, soap or cream. To clean and restore sticky properties of silicone, we recommend wiping it with a tampon moistened with an alcohol solution.
- For daily wear, we recommend acquiring two parts of the product for convenience.

The products are replaced only after their examination by the company specialists or following and independent expert examination.

**Best before** – 5 years from the date of purchase.

**Your remarks and offers direct to the address of seller:**

SELL WELL SIA

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Made in European Union

Manufacturer is certified to ISO 9001

