



INSTRUCTIONS FOR USE

Graduated compression stockings

A decorative, light blue wavy line that spans the width of the page, positioned above the list of product types.

JOBST® ACTIVA soSoft
JOBST® ACTIVA Sheer
JOBST® ACTIVA Men's Dress
JOBST® ACTIVA Athletic
JOBST® ACTIVA Opaque

FIBER CONTENT / COMPOSITION

Brand / CCL	Nylon	Elastane (Spandex)	Cotton	Others
JOBST® ACTIVA soSoft 8-15 mmHg	92 %	8 %		
JOBST® ACTIVA soSoft 15-20 mmHg	81 %	19 %		
JOBST® ACTIVA soSoft 20-30 mmHg	74 %	26 %		
JOBST® ACTIVA Sheer 8-15 mmHg (KH)	81 %	19 %		
JOBST® ACTIVA Sheer 8-15 mmHg (TH)	78 %	18 %		4 % Silicone
JOBST® ACTIVA Sheer 8-15 mmHg (WH)	81 %	19 %		
JOBST® ACTIVA Sheer 15-20 mmHg (KH)	85 %	15 %		
JOBST® ACTIVA Sheer 15-20 mmHg (TH)	82 %	18 %		
JOBST® ACTIVA Sheer 15-20 mmHg (WH)	82 %	18 %		
JOBST® ACTIVA Sheer 20-30 mmHg (KH)	83 %	17 %		
JOBST® ACTIVA Sheer 20-30 mmHg (TH)	78 %	22 %		
JOBST® ACTIVA Sheer 20-30 mmHg (WH)	81 %	19 %		
JOBST® ACTIVA Men's Dress 8-15 mmHg	93 %	7 %		
JOBST® ACTIVA Men's Dress 15-20 mmHg	77 %	5 %	18 %	
JOBST® ACTIVA Men's Dress 20-30 mmHg	85 %	10 %	5 %	
JOBST® ACTIVA Opaque 15-20 mmHg (KH)	85 %	15 %		
JOBST® ACTIVA Opaque 15-20 mmHg (TH)	85 %	15 %		
JOBST® ACTIVA Opaque 15-20 mmHg (WH)	85 %	15 %		
JOBST® ACTIVA Opaque 20-30 mmHg (KH)	85 %	15 %		
JOBST® ACTIVA Opaque 20-30 mmHg (TH)	85 %	15 %		
JOBST® ACTIVA Opaque 20-30 mmHg (WH)	85 %	15 %		
JOBST® ACTIVA Athletic 8-15 mmHg (Black)	25 %	6 %		COOLMAX® 69 %
JOBST® ACTIVA Athletic 8-15 mmHg (White)	27 %	6 %		COOLMAX® 67 %
JOBST® ACTIVA Athletic 15-20 mmHg (Black)	30 %	5 %		COOLMAX® 65 %
JOBST® ACTIVA Athletic 15-20 mmHg (White)	31 %	6 %		COOLMAX® 63 %
JOBST® ACTIVA Athletic 20-30 mmHg (Black)	29 %	9 %		COOLMAX® 62 %
JOBST® ACTIVA Athletic 20-30 mmHg (White)	28 %	9 %		COOLMAX® 63 %

KH

Knee High

TH

Thigh High

WH

Waist High

CLEANSING AND CARE

Mild washing process, max. 40 °C (105 °F)

Do not bleach

Tumble drying possible at low heat, max. 60 °C (140 °F)

Dry flat (Lay out horizontally for drying)

Do not iron

Do not dry-clean

JOBST® PRODUCT FEATURES

Longer periods of sitting

Supports circulation & helps energize legs

Longer periods of standing

Traveling

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1. Product description

JOBST® ACTIVA graduated compression stockings provide physician recommended gradient compression for the management of venous disorders.

2. Intended purpose

JOBST® ACTIVA graduated compression stockings are designed to exert external, physical compression.

JOBST® ACTIVA has specific compression levels designed to help manage specific venous conditions.

The required compression class and style must be determined by your healthcare professional. The compression level is printed on the package label.

Indications

JOBST® ACTIVA graduated compression stockings are used for the management of the following indications:

Compression level 8-15 mmHg*

- Tired, aching legs
- Minor ankle, leg and foot swelling

Compression level 15-20 mmHg*

- Tired, aching legs
- Minor ankle, leg and foot swelling
- Minor varicose veins

Compression level 20-30 mmHg*

- Tired, aching legs
- Moderate to severe varicose veins
- Post vein surgery
- Post sclerotherapy
- Moderate ankle, leg and foot swelling
- For adjunct management of superficial thrombophlebitis/SVT

- Helps prevent recurrence of ulcerations.

*The mean compression for an average ankle size. Please contact your healthcare professional if you are unsure whether the product is appropriate for you.

3. Contraindications

JOBST® ACTIVA graduated compression stockings are contraindicated (should NOT be worn) if you have one or more of the following medical conditions:

- Severe peripheral arterial occlusive disease
- Uncontrolled/(decompensated) heart failure
- Septic phlebitis
- Phlegmasia coerulea dolens
- Untreated and/or advancing skin infection (e.g. erysipelas) involving the area where the garment will be applied
- Open wounds not covered with an appropriate dressing
- Incompatibility to material

4. Warnings and precautions

Graduated compression stockings should only be used after consultation with your healthcare professional and checked regularly by him/her on the appropriateness of your therapy.

Your healthcare professional decides whether compression in general can be applied to patients suffering from polyarthritides (unspecified), complex regional pain syndrome (CRPS, Morbus Sudeck), malignant lymphedema, and medical conditions in which increased venous and lymphatic return is not desired.

Consult your healthcare professional if you have experienced or develop: controlled/compensated heart failure, mild to moderate peripheral arterial occlusive disease, peripheral neuropathy, severely compromised skin sensibility, impaired sensitivity of the limb, skin infection or weeping dermatoses. If you notice discomfort, pain, numbness, changes in skin color, constrictions, pressure marks, appearance of new wounds or swelling whilst wearing, stop using the product and contact your healthcare professional.

Patient measurements should be taken by a trained person to determine correct product fit. Incorrectly measured and badly fitting products may cause constriction leading to e.g. skin necrosis, pressure ulcers, and pressure-related peripheral nerve damage during use.

When replacing the stocking with a new product after 6 months we recommend remeasuring as the limb circumference might have changed.

Appropriate hygiene and skin care should be applied.

Appropriate foot wear must be worn when walking to help prevent falls.

Not recommended to wear during bed rest.

Caution is required if you are confined to bed or unable to walk.

5. Directions for use

Shoe size alone is not an indicator for correct sizing. Measurements of calf and ankle circumference are mandatory for the proper performance of this product.

INSTRUCTIONS FOR USE



To get the best medical result from your JOBST® graduated compression stockings, wear it regularly and consistently.

Ideally you should put on your compression stockings in the morning, immediately after getting up. You may experience some difficulty putting on the stockings in the beginning but this will become easier after a number of days.

When applying the compression stockings, please do not pull on the edge of the stockings but follow these recommendations below.



Turn the compression stocking inside out all the way to the heel.

Pull apart the folded-in foot part using both hands and pull over the foot all the way to the heel.

Gradually pull the compression stocking over instep and heel.



Then gradually pull the compression stocking upward by returning the stocking to a right-side out position piece-by-piece.



Then distribute the stocking evenly by massaging with both hands until the stocking fits without forming creases. It is particularly helpful to wear rubber gloves for this step.



For a waist high garment continue working the garment up to the middle of your thigh. Stand up. With both hands, grab a handful of fabric and pull it up to your waist.

Adjust your support so that it is snug at your midsection. This will keep it from sliding down. Pull the midsection to its proper height.



Slip your hands, palm out, into the back and lift the fabric up and away from your skin. Let it fall back to fit snugly over the buttocks.

Special notes for donning/doffing:

Long fingernails and jewelry may damage the stockings when putting them on.

For easier application use rubber gloves or a donning aid.

Do not bring the compression stockings into contact with greasy ointments, body lotions or similar substances unless recommended by JOBST®.

Loose threads or loops should not be cut off, since this may cause holes or runs to form in the stockings.

Intended to be used by a single patient only.

6. Cleansing and care

We recommend to wash the JOBST® compression stocking on a daily basis, or at least every other day.

For this purpose, you may use a mild detergent and a low spin cycle setting. Do not use laundry additives such as fabric softener, optical brightener or stain remover.

Rinse your compression stockings well.

Roll up the wet compression stockings in a towel after washing and press out excess moisture. Do not wring.

Do not dry the compression stockings on a radiator or in direct sunlight.



Machine washable in warm water; initial water temperature should not exceed 40°C or 105°F.

Do not bleach.

Flat drying or tumble dry - low heat.

Do not dry clean.

Do not iron.

Note: a laundry net provides additional protection for the knitted fabric.

Silicone band care:

When needed, hand wash silicone band to remove excess creams, lotions, hair and other foreign material.

7. Storage and disposal

Due to wear or slackening of the material the stockings are intended for a wearing period of six months.

Please protect your compression stockings from direct exposure to sunlight, heat and moisture.

We recommend storage at room temperature.

Discard any unused or used JOBST® ACTIVA compression product according to local regulations; e.g. via regular household waste.

8. Notice

Any serious incident that has occurred in relation to this device should be reported to BSN medical Inc. and the competent authority of your state.



Keep dry



Keep away
from sunlight



Caution



Consult
instructions
for use



Single patient-
multiple use



Medical
device



Use-By
Date



Date of
Manufacture



Batch code



Catalogue
number



Manufacturer



Distributor

Detailed symbols glossary can be found at jobst.com

www.jobst.com ® = registered trademark



JOBST® ACTIVA Sheer 8-15 mmHg
JOBST® ACTIVA soSoft



BSN medical Inc.
5825 Carnegie Blvd.
Charlotte, NC 28209 • USA

Designed in USA
Made in Mexico

JOBST® ACTIVA Sheer
JOBST® ACTIVA Opaque
JOBST® ACTIVA Men's Dress
JOBST® ACTIVA Athletic



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