



## Garment Care – Products for Edema and Lymphedema

Many physicians and therapists prescribe a compression sleeve, glove, or gauntlet as part of the self-management plan for persons managing edema and lymphedema. These utilize graduated compression to comfortably keep pressure on the swollen or affected area to assist the drainage of fluid and minimize swelling.

Second to Nature stocks Juzo Compression sleeves, gloves, and gauntlets, which offer three scales of compression. Compression sleeves start at the wrist and end below the shoulder. Gloves encase each finger separately leaving only the tips of your fingers exposed and ends below the wrist. Gauntlets only isolate the thumb and have an opening for the collection of fingers and end after your knuckles. We recommend consulting with a doctor or a lymphedema therapist to find the most appropriate therapy for you.

### ***Garment Care for Juzo Products only:***

- Hand wash with warm water (can wash daily to prolong the life of your therapeutic garment.) Use Juzo washing detergent or another mild soap.  
OR
- Machine wash and dry. Use the lowest permanent-press settings. We strongly recommend using a garment bag.

**Note:** Wash dark colors separately from other clothing. **Do NOT** use bleach, chlorine, fabric softeners or other laundry additives. These may damage your garment. Store your sleeve in a dry place at room temperature.

### ***Lymphedivas Brand Compression Care Advice***

We can also order from Lymphedivas. They offer light weight and soft compression items with an uplifting design to fit your personality and wardrobe with two levels of compression options.

### ***Garment Care for Lymphedivas only:***

1. Place the garment in a lingerie bag to prevent snagging.
2. Machine wash in warm water using a gentle detergent.
3. Machine dry at medium heat.

**Note:** **Do NOT** hand wash, wring dry, line dry or dry clean. **Do NOT** use chemical solvents, fabric softeners, bleach, or any other laundry additive.



## Care Instructions for Prostheses, Forms, and More

**Silicone Prostheses:** To be washed with warm water and soap as needed and towel dried. Do not sleep in silicone prostheses, as this breaks down the silicone causing it to separate and possibly leak. This will also void the two-year warranty.

**Leisure/Exercise Forms:** Wash foam forms often due to foam holds odor. Forms need to be hand washed with warm soap and water. Rinse forms in water, do not let forms soak in water. These forms are designed to be slept in. Foam and Fiber filled forms have a six-month warranty.

**Clear silicone exercise form** is weighted and is designed for use in sports bras. This form is designed to withstand chemicals such as chlorine and salt/sea water. This form has a one-year warranty.

**Bras:** Follow care instructions on the inside tag of the bra. Do NOT place molded cup bras in the dryer. Do NOT fold molded cup bras in on themselves. When the bra becomes stretched and worn do not continue to wear the bra. Wearing stretched out bras decreases the support and it will not hold the weight of the prostheses as well. This will cause stress on your shoulders and back. Please switch bras or call to order more.

**Camisoles:** Follow care instructions on the label. Those with Velcro should be completely closed when washing.

**Warranty:** Second to Nature will honor all manufacturers warranties.

**Return Policy:** Clean, unworn products can be returned for a full refund within five (5) business days of purchase. After five business days, merchandise that is clean, unworn and without the smell of smoke or other offensive odor can only be exchanged within 90 days of purchase.

Our goal at Second to Nature is to restore balance, dignity, and hope to women affected by breast cancer. So, if you experience any problems with your products please let us know as soon as possible. But if you experience any *physical changes* please contact your doctor.

**Payment:** Patients are responsible for any deductible and co-payments. Medicare patients are responsible for any co-insurance or deductibles left by secondary insurance. We will strive to provide the highest level of service at the lowest possible cost. Please share with us any comments positive or negative so we can continue to achieve our goal of exceeding your expectations.