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### **Fitting Instructions for OptiFlow® RM Arm** **(Initial Fitting must utilize enclosed stockinette)**

1. Loosen the straps enough to slide the arm into. Do not open the straps all the way; keep them looped through the rings.
2. After the arm is placed in the sleeve, tighten each strap until the sleeve is snug on the arm, providing a consistent and comfortable compression. Do not over tighten the sleeve.
3. Monitor the extremity, and as the extremity responds, re-adjust the straps until effective results are maintained.
4. Similar to bandaging, individuals must find their effective, yet comfortable range of compression.
5. To remove the sleeve, loosen the straps and slide the arm out. Do not attempt to slide the arm in or out of the sleeve without loosening the straps as this may damage the sleeve.

**\*If there is any discomfort while wearing your compression sleeve, remove sleeve and contact your health care provider.**

**NOTE: Peninsula Medical does not recommend the above garments to be used during any physical activity (i.e. walking, biking, driving). It is designed to be a night time compression device or to be worn during non-ambulatory times. Use only as directed by your advising health care provider.**

### **Cleaning Instructions**

#### **Washing**

Hand wash in lukewarm water with a mild liquid dish washing soap. Do not use any soap that contains fabric softeners. Do NOT use Woolite! Do NOT dry clean!

#### **Drying**

For strapless garments squeeze out any excess water. For garments with straps, roll a towel up inside the sleeve and pull the straps as tight as possible to allow the towel to soak up any excess water. Now air dry the garment or place it in a dryer on the fluff cycle with **NO** or **LOW HEAT**. For garments with straps make sure that **all straps are closed** in the wearing position. For strapless garments Velcro close the garment in the wearing position. Place a tennis shoe in the dryer with the sleeve to keep it moving around for best results. These garments can take a long time to dry. For ReidSleeve Classic garments we recommend taking a full day to dry them in the dryer. **PowerSleeves included with garments should only be air dried.**

**We offer a complete professional cleaning. Please contact us if you are interested in this service.**