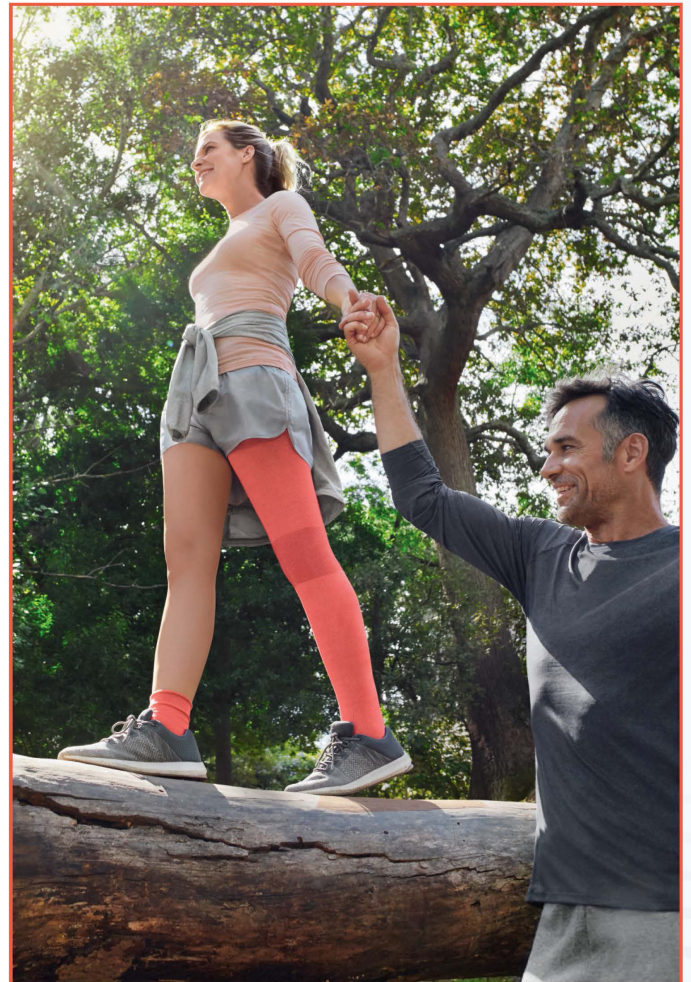


JOBST® Confidence: flat-knit compression garments for an active lifestyle

Living with lymphoedema/chronic oedema means using compression garments in the long term to manage your condition. Compression garments work by applying external pressure to the limb that helps to reduce and prevent swelling.

Compression garments are necessary to minimise the impact of your condition on your lifestyle. It is important to use a garment that is right for you and the stage of your condition, otherwise you are unlikely to maintain your therapy in the long term. Your healthcare professional should be able to work with you to recommend a style of garment that is suitable for you. It may be necessary to undergo decongestive therapy first to reduce and maintain the size of your limb before you are measured for a compression garment.

Flat-knit garments are commonly recommended for lymphoedema/chronic oedema as the fabric is firmer than circular knit garments, making it more effective at reducing and preventing swelling.



Having a garment custom-made to fit your individual limb shape can also help to ensure it is comfortable and wearable in the long run.

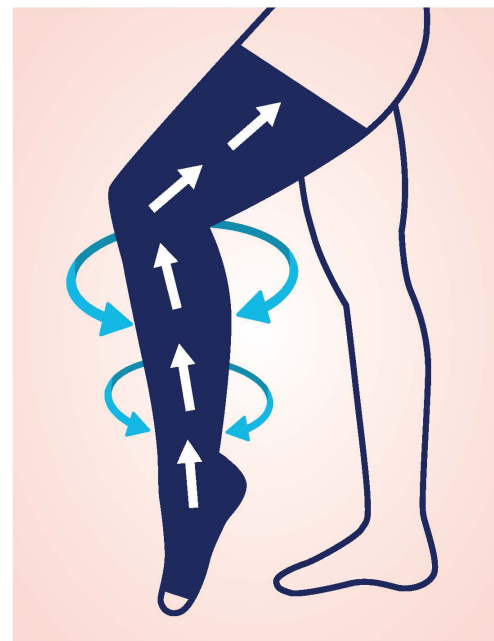
JOBST® Confidence

JOBST® Confidence is a new and unique range of custom-made flat-knit compression garments for the management of lymphoedema and chronic oedema. JOBST® Confidence garments have a number of unique properties.

Why use flat-knit compression garments?

Flat-knit compression garments have a number of benefits when it comes to managing lymphoedema/chronic oedema. If you wear a flat-knit garment on a daily basis, it can help to:

- ✓ Reduce fluid from collecting in the affected areas
- ✓ Help fluid to be reabsorbed into the lymphatic system, clearing it from the tissues
- ✓ Soften hardened tissue in the affected area
- ✓ Maintain the shape and size of your limb.



Why choose custom-made compression?

Custom-made compression garments, as the name suggests, are custom-made to fit your unique measurements. This can help to make your garment easier to apply and remove, and make it more comfortable to wear for long periods. This will make it easier for your compression therapy to become a part of your daily routine, minimising its impact on your everyday life.

A custom-made, flat-knit garment should:

- ✓ Support your freedom of movement, not restrict it
- ✓ Offer firm support while still being comfortable to wear - it shouldn't dig in or roll
- ✓ Fit optimally to your individual shape to enhance your comfort and its therapeutic effect
- ✓ Manage moisture from your limb to prevent your limb from feeling hot.



JOBST® Confidence is a new and unique range of custom-made, flat-knit compression garments for the management of lymphoedema/chronic oedema.

JOBST® Confidence has been designed with the individual needs of people with mild to moderate lymphoedema/chronic oedema in mind, to help them achieve their long-term therapy goals:

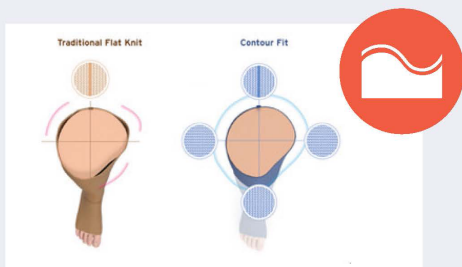
JOBST® CONFIDENCE IS DESIGNED TO:

- ✓ Provide superior comfort
- ✓ Conform to individual shape
- ✓ Be easy to apply and remove
- ✓ Be skin friendly for sensitive and fragile skin
- ✓ Provide choice. The range is available in several colours and designs.

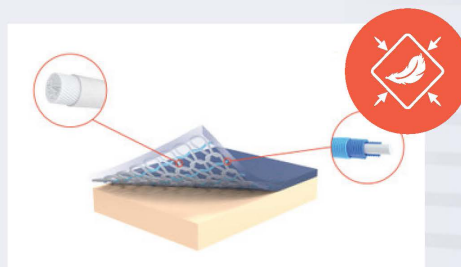


These properties are all due to unique Contour Fit technology:

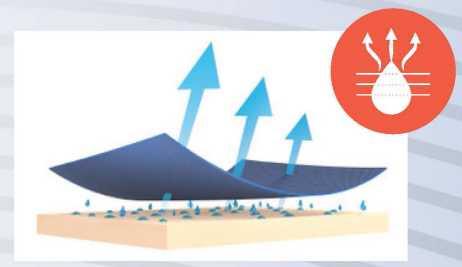
The unique Contour Fit technology used during the construction of JOBST® Confidence results in compression garments that are soft, flexible and conform to your limb shape.



Unlike traditional flat-knit techniques, the unique double layer construction of Contour Fit adapts the garment to fit at four points on the limb instead of the usual one point. This ensures the garment fits the contours of your body, providing comfort and freedom of movement during wear, and making the garment easier to apply and remove.



Softer yarn feels soft on the skin while still offering firm support. The special knitting technique used further promotes flexibility and comfort, resulting in a flat-knit garment that offers firm support but feels soft on the skin. These features are particularly beneficial for people with fragile skin.



The resulting double-layer fabric features a moisture management system that wicks away moisture from the skin keeping it dry. Moisture from the skin evaporates through the garment's outer layer, keeping your skin feeling fresh and cool.

Frequently asked questions and answers

How do I know that JOBST® Confidence is suitable for my condition?

JOBST® Confidence compression garments can be used by people with mild to moderate lymphoedema/chronic oedema or lipoedema*. Your healthcare professional can discuss your suitability for the garment along with your needs and preferences to find a garment that is right for you.

JOBST® Confidence has a range of compression garments including thigh high, knee high and arm sleeve. To ensure you obtain the right size, your GP or healthcare professional may measure your limb.

How do I know that a custom-made garment is right for me?

If your limb does not fit standard garment measurements, this should not be a barrier to you receiving the best treatment for your condition. JOBST® Confidence custom-made garments are made to fit your limb using your unique measurements, to enhance comfort and therapeutic effect.

Is JOBST® Confidence available on prescription?

Yes, you can obtain a JOBST® Confidence compression garment on prescription, if your healthcare professional agrees

it is suitable to manage your condition effectively, without causing you harm, and is happy to prescribe it for you.

What do I do with my prescription?

You can take your prescription to your local pharmacy or you can use Daylong Direct, a Dispensing Appliance Contractor (DAC). This simply means that Daylong Direct can also dispense your prescription and send it to you at home, free of charge.

How often should I wear my garment?

It is important that you wear your garment each day to manage the swelling in your limb and to prevent it from worsening. Your garment helps to reduce swelling by applying external pressure to the limb, forcing fluid back into the lymph system and out of the tissues. Without it, this won't happen so the swelling will return.

How do I care for my garment?

Ideally your garment should be washed daily or every other day. For this reason, it may be helpful to have two garments so you have one to wear while one is washed. JOBST® Confidence compression garments can be machine washed at 40° and air dried while lying flat.

*Without pronounced skin folds and shape distortions.

Please contact our friendly customer care team on: **0800 195 0160**