

ZAMST LC-1 CALF INSTRUCTIONS FOR USE

Please read through the following instructions completely before using the product.

Intended use: Calf support

*This product is not for medical treatment.

*The product is for calf support; however, it will not prevent all calf injuries.

Do not use this product in the following cases:

- If you have a circulatory disorder such as hypertension or heart disease as your symptoms may worsen.
- If you have a foot or leg condition such as a nervous system disorder or diabetes as your symptoms may worsen.
- If you have abnormal conditions such as cuts, fractures, numbness, swelling or rash in the area where product is used.

Safety precautions:

- If you experience pain, swelling, skin irritation, discomfort or any other abnormal reaction while using this product, discontinue use and consult with a physician.
- If your skin is sensitive or you have allergies, you may develop a rash or allergic reactions while using the product. If such symptoms occur, discontinue use and consult with a physician.
- Do not use the product while sleeping. If the product shifts to an abnormal position or is used for extended periods while sleeping, it may interfere with blood circulation.
- Make sure there are no folds or bunches in the product while you are wearing it. This may cause poor blood circulation.
- Wear the product directly on the leg and not over a sock. This may cause poor blood circulation.
- If the product is broken or worn or if the hook-and-loop fastener does not work, do not use the product.
- Make sure that you use the correct size. (Refer to the size chart on the package and size tag inside the product.)
- If the product shifts out of place or becomes too loose, re-apply the product starting with the first step described in the "How to apply" instructions.
- Do not modify or repair the product. The product may lose its effectiveness and/or cause injuries.

To prevent product damage:

- The product may become discolored by perspiration or other liquids. The product's dye may bleed onto clothing worn under or near the product.

How to apply:

*Illustrations are for right leg.

1. Gather the stocking and insert your toes into the stocking. (Illustration 1)
2. Pull the stocking up with both hands. Position the lower edge of the stocking even with your ankle (A). (Illustration 2)
3. Pull the stocking upward, releasing the fabric as you go. Make sure there are no creases or bunches and that the stocking is pulled evenly. (Illustration 3)
4. Product properly applied.

*If you would like to wear a sock, wear it over the stocking.

Compression level:

At B (ankle): Approximately 30 hPa (22.50 mmHg)

At C (calf): Approximately 21 hPa (15.75 mmHg)

How to wash:

- Hand wash with mild detergent and air dry.
- Do not place in dryer. Do not dry clean or iron. Do not use products containing chlorine, including bleach. These may damage the product.
- The product's dye may bleed. Do not wash with whites or bright colors.

Composition: Polyurethane and nylon

