

# Stocking ID Card

You have just received your new medical compression tights from BELSANA — made to your individual measurements. For long-term effective compression therapy, we recommend that you consult your doctor again after six months. In case of medical need, your doctor can issue you a new prescription. Please bring this stocking pass with you when you re-order.

We will be happy to help you!

# Stocking ID Card

# Your customized product is here!

To make things as easy and straightforward as possible next time you place an order with us, you will find **your personal Stocking Information Card** on the left which includes all of your key information. Simply detach it, stick it together and keep it safe.

Kind regards,  
**your BELSANA team**

# BELSANA



## Instructions for your washing machine

## Wash compression arm stockings correctly

**Please wash inside out and do not use any fabric softener!**

Wash on a delicate or gentle cycle

Do not bleach

Dry gently and carefully

Do not iron

No chemical dry cleaning



# BELSANA

### Washing

- suitable for immediate use
- recommendation: wash before wearing for the first time
- wash daily (max. 40°C) by hand or on a delicate fabric program
- separately with mild detergent (e.g. BELSANA blau40 detergent) without fabric softener
- rinse well, spin at slow speed but do not wring out
- towel dry, air dry or dry in a dryer on a gentle cycle; never iron and do not place on a heater or in direct sunlight

### Material composition

Polyamide (Polyamid), elastane (Elastan) and, for some products, cotton (Baumwolle) are used. Please refer to the textile label sewn into your stocking for the precise details.

### Care

- store in a dry place away from sun and heat, in the original packaging if possible
- stockings with silicone-coated grip tops should not come into contact with solvents, ointments, body creams and re-greasing washing lotions, as the adhesion of the grip tops could be permanently impaired
- regular foot care and proper footwear are essential
- pilling is a normal process for textiles and does not constitute a reason for complaint
- do not attempt to perform repairs yourself; return the stockings to the pharmacy or retailer who sold them to you

### ⚠ Important information

- only wear compression stockings after consulting your doctor
- daily wear and regular check-ups ensure successful treatment
- obtain only from a medically trained specialist retailer, who will also advise on how to correctly put on the stockings
- if you experience acute leg pain or skin irritation, please consult your doctor immediately
- moving the grip top regularly can prevent skin irritation
- if you experience quality issues or have cause for complaint, please contact the specialist retailer

### Effect of medical compression stockings

Products tailored to the respective indication and controlled pressure accelerate blood reflux, improve microcirculation in the tissue and increase lymph flow.

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For the specialty retailer: stocking data for your archive

**BELSANA Medizinische Erzeugnisse**  
Zweigniederlassung der Ofa Bamberg GmbH  
Laubanger 23 · D-96052 Bamberg · www.belsana.de  
Wasserfeldstr. 20 · A-5020 Salzburg

**Ofa Bamberg GmbH**  
Laubanger 20  
D-96052 Bamberg



# Top quality

from BELSANA

With your customized product from BELSANA Bamberg, you are wearing the result of many years of research and development. Careful manufacturer and a high level of quality are ensured and controlled by the use of the latest technology. Regular certification by independent testing institutions document our responsible handling of our products. Your custom-made BELSANA product complies with the world's most stringent quality and testing standards for medical compression stockings (RAL-GZ 387/1) and meets the Öko-Tex Standard 100, which requires the use of safe materials and dyes. Together we make sure that you can stay fit on your feet!

## Putting your stockings on is easy – with our practical instructions.

1. Turn the stocking inside out up to the foot part. Smooth the foot part over your toes and then over your instep.
2. Pull the leg part over your heel carefully but avoid pulling up the compression stocking by the stocking top or cling top.
3. Now smooth out the rest of the stocking evenly without stretching it. Spread the stocking over your leg until all creases have been removed.

## Instructions for putting on stockings with closed toe part

- Indications**  
(the complete list can be found in the AWMF Medical Compression Therapy Guideline 037/005, Version 12/18)  
• Improvement of venous symptoms and quality of life with chronic venous diseases  
• Prevention and treatment of venous oedema  
• Prevention and treatment of venous skin alterations  
• Lipodermatosclerosis and atrophic blanche  
• Treatment of arterial and venous leg ulcers (see contraindications)  
• Varicose veins  
• Initial phase after treatment for varicose veins  
• Functional venous insufficiency  
• Venous malformations  
• Venous thrombosis  
• Condition after thrombosis  
• Post-thrombotic syndrome  
• Thrombosis prophylaxis in mobile patients  
• Lymphoedema  
• Oedema in pregnancy  
• Stage II lipodema and above  
• Venous stasis resulting from immobility (arthrogenic congestive syndrome, paresis, and partial paresis of the extremity)  
• Obesity with functional venous insufficiency  
• Inflammatory dermatoses of the legs  
• Nausea, dizziness, and congestion complaints during pregnancy  
• Condition after burns  
• Scar treatment
- Absolute contraindications**  
• Advanced peripheral artery disease  
• Congestive heart failure  
• Septic phlebitis  
• Plegmasia coerulea dolens
- Relative contraindications**  
• Allergies to compression stocking materials  
• Weeping dermatoses  
• Severe sensitivity disorders of the extremities  
• Advanced peripheral neuropathy (e.g., diabetes mellitus)  
• Chronic polyarthritis
- No liability is accepted if these contraindications are not observed.**
- ⚠ Risks and side effects**  
Users with sensitive skin may experience itching and skin irritation when using compression stockings. Adequate skin care is therefore recommended. If you suffer the following symptoms, please remove the stockings immediately and discuss further treatment with your doctor: blue or white coloration of the toes, sensations of discomfort and numbness, increasing pain, shortness of breath and sweating, acute movement restrictions.
- Warranty**  
The shelf life of medical compression stockings is limited to 3 years when properly stored. Added to this is the wearing time, which is a maximum of 6 months with regular use and proper care. After this period, the products are excluded from the warranty.
- Mandatory reporting**  
Due to legal requirements, patients and users are obliged to report immediately in connection with the product and which have resulted in, or could have resulted in, significant harm to health or even death to the manufacturer and the competent national authority (BfArM [Bundesinstitut für Arzneimittel und Medizinprodukte] (Federal Institute for Drugs and Medical Devices) in Germany).
- Disposal**  
After the end of the usage period, please dispose of the product in accordance with local regulations.