

COMPRESSION
THERAPY
WHILE
YOU SLEEP

DEFY GRAVITY

JOBST®

**JOBST® RELAX -
FOR ROUND THE CLOCK
COMPRESSION THERAPY
FOR LYMPHEDEMA**



DID YOU KNOW ?

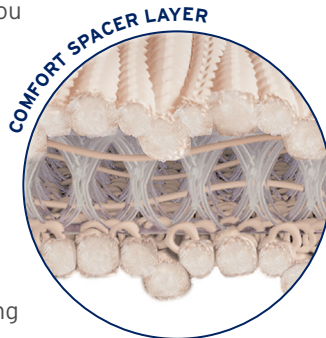
USING COMPRESSION AT NIGHT CAN HELP MAINTAIN AND COMPLEMENT THE RESULTS YOU ACHIEVE FROM DAYTIME LYMPHEDEMA THERAPY.



JOBST® RELAX - SMART DESIGN FORA BETTER NIGHT'S SLEEP

Designed with real patients' needs in mind, JOBST® Relax combines state-of-the-art compression technology with quality and comfort to help you get a perfect night's sleep, every night.¹

One of the special features that sets JOBST® Relax apart from other night compression garments is its Comfort Spacer Layer. A combination of lightweight fabrics and moisture-managing yarns helps avoid heat generation and perspiration



MADE WITH COOLMAX® AIR TECHNOLOGY.

TIPS FOR COMFORTABLE NIGHTTIME THERAPY

ESTABLISHING AN EFFECTIVE NIGHTTIME MANAGEMENT ROUTINE THAT SUITS YOUR INDIVIDUAL NEEDS IS IMPORTANT.

BENEFITS



Micro-Massage

Textured surface designed to **micro-massage the skin** and support stimulation of lymph flow



Breathable

Heat management promoted by **yarn combination with monofilaments**



Cushioning

Special flat-knit construction provides **extra cushioning** and **enhances comfort**



Easy Donning

Designed to be **easy and fast to don** compared to self-bandaging

GARMENT CARE



wash at 30°C



tumble-dry



no bleaching

1. Khalilpour, P. 2018, Evaluation and comparison of JOBST® Relax and Mobiderm® Autofit Armsleeve Fabrics, Vers. 1, P. 1-6



DEEP BREATHING

Combining deep breathing and gentle exercise (like stretching or yoga) may be beneficial in influencing lymphatic drainage¹, not to mention a relaxing way to prepare yourself for sleep!



SKIN CARE

Properly hydrated skin that's free from dryness and cracks is the first step to avoiding potential infections such as cellulitis. Refrain from taking very hot showers and moisturize your skin twice a day with an emollient-based product.* This will help maintain the natural oils in the skin and keep it hydrated.²

* Certain moisturizers may damage compression garments so make sure they are well absorbed before donning.

1. Moseley AL, Piller NB, Carati CJ. The effect of gentle arm exercise and deep breathing on secondary arm lymphedema. *Lymphology* 2005; 38(3): P. 136-45.
2. Lymphoedema Framework. Best Practice for the Management of Lymphoedema. International consensus. London: MEP Ltd, 2006.



WHY USE NIGHTTIME COMPRESSION?

THERE ARE MANY POTENTIAL* BENEFITS OF USING NIGHTTIME COMPRESSION, INCLUDING:

- ✓ Maintains daytime gains¹
- ✓ Improves sleeping comfort¹
- ✓ Softens tissue fibrosis²
- ✓ Increases lymph reabsorption²
- ✓ Stimulates lymphatic capillaries²

* Results of using night-time compression garments may vary from patient to patient.

1. Bertsch, T. 2018, British Journal of Community Nursing, Vol. 23, No 11, P. 535-541

2. Partsch, H., & Junger, M. (2006). Evidence for the use of compression hosiery in lymphoedema. London: MEP Ltd, P. 5-9

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