



JOBST®

Compression for
Continuous
Comfort
at Night

JOBST® **Relax**

Custom-Made Flat-Knit Compression Garments
for Lymphedema Management at Night

Including
Study Data

JOBST® Relax

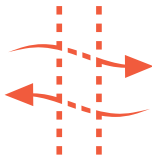


Textured surface designed to **micro-massage the skin** and to support stimulation of lymph flow



Micro-Massage

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



Breathable

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



Cushioning

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



Easy Donning



Giving your patients the relief and relaxation that they deserve

Nighttime lymphedema management routines may offer a great opportunity to improve therapeutic care when used in combination with the right products.

A recent clinical study provided insight into the patient experience of wearing night compression and found that night swelling impacts the patient's life, especially causing pain and sleep disturbance. Nevertheless, existing products for night therapy caused discomfort, skin reactions and / or a sense of heat and perspiration.¹

Patients identified the **most important characteristics** of a night compression garment and prioritized the following features:

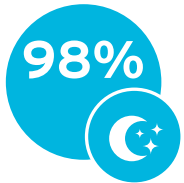
Meeting the needs of your patients¹

Patient needs:	How JOBST Relax meets patient needs:
Breathable / less warm	Yarns help to limit heat generation
Softer garment	Soft materials for comfort and flexibility
Thinner / lighter garment	Special flat-knit to support freedom of movement
More comfortable	Cushioning effect from Comfort Spacer Layer
Less bulky appearance	Lower profile design than other night garments
No slipping / rolling down	Carefully defined material stiffness can help avoid slipping

¹Whitaker JC. Br J Community Nurs. 2016 Oct; 21 (Suppl 10): S22-S30

Choose **JOBST® Relax** for proven **comfort** while sleeping²

A recent observational study evaluated the clinical performance and safety of JOBST® Relax when worn during **resting hours and at night** by a series of patients with lymphedema. Patients reported a high level of satisfaction with both the garment and the comfort associated with it when wearing frequently, saying that it was **easy to use, comfortable and conducive to sleep**.



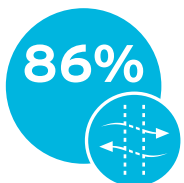
Better Quality of Sleep

98% of patients rated quality of sleep good or very good compared to when wearing previous night-time products.



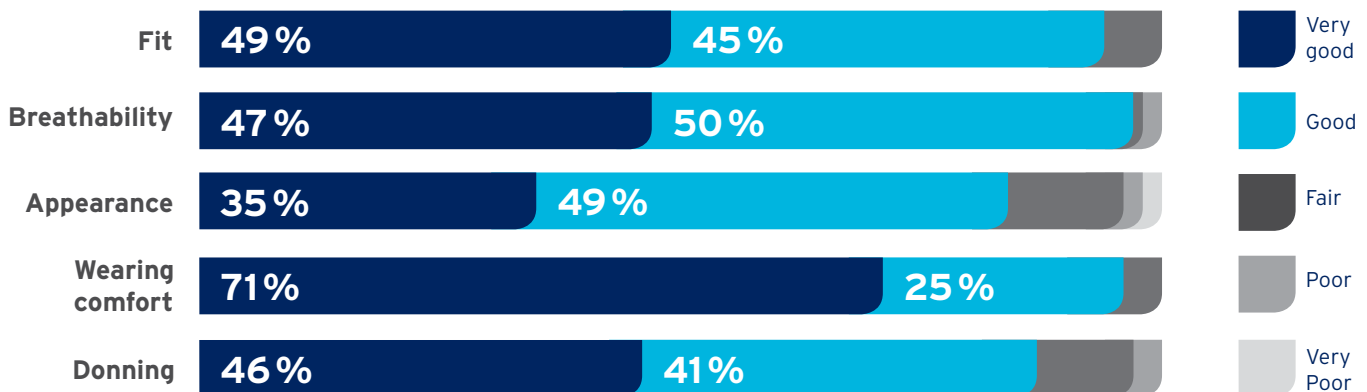
Edema Control

Many patients reported a major improvement in their lymphedema the next morning, with 90% of patients describing handling of day compression to be **good or very good** after using JOBST® Relax at night.



Breathability

86.8% rated JOBST® Relax as good or very good in terms of avoiding heat generation and perspiration, respectively.

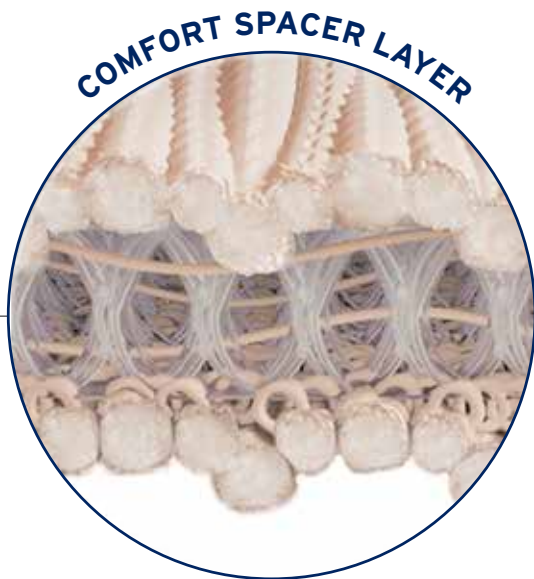


JOBST® Relax was rated in terms of ease of use and comfort, with consideration to fit, breathability and wearing comfort. 94.5% rated the compression garment as either good / very good. Additionally, 85% of patients rated the donning and appearance of JOBST® Relax as good / very good.

²Bertsch, T. 2018, British Journal of Community Nursing, Vol. 23, No 11, P. 535 - 541

Smart design for a better night's sleep thanks to breathable compression technology

JOBST® Relax is a **night compression garment** that complements patients' recommended day-time lymphedema therapy. Designed to maintain edema reduction and **counteract fluid accumulation at night**, your patients will feel the difference and sleep more easily thanks to its lightweight and breathable features.



Provides cushioning and can adapt to various sleeping positions. Made with Coolmax® Air Technology.

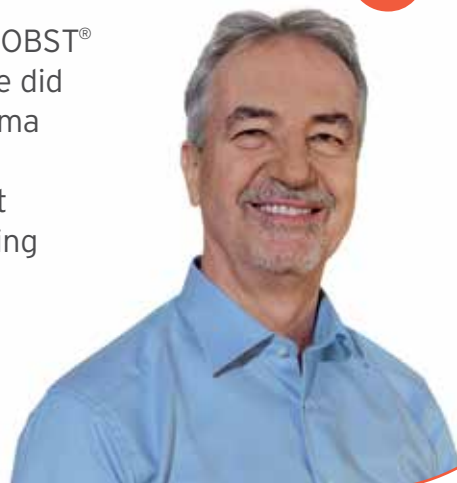
High performance and results enhanced by the Comfort Spacer Layer

One of the special features that sets JOBST® Relax apart from other night compression garments is its Comfort Spacer Layer, created with a special knitting technique that delivers the right balance between fabric thickness, cushioning and breathability.

A combination of monofilaments and moisture-managing yarns creates a lightweight garment, meaning that heat and perspiration are likely to be transferred much more effectively from the surface of the skin. The flexible material also promotes freedom of movement during sleep as the flat-knit properties make it less likely to wrinkle into skin folds and cause constriction.

“I was **immediately convinced** by the material (of JOBST® Relax). I had never seen anything like this before. We did some patient trials with **outstanding results** in edema reduction and significant break up of tissue fibrosis. It was especially impressive that the patients did not complain about discomforts, such as slipping, pinching or excessive heat.”

Hans Pritschow – Lymphedema Therapist, specialist in manual lymphatic drainage, Germany.





JOBST® Relax

Our assortment for a relaxing night routine

Colors



Rosé



Beige

Styles



Arm Sleeve with Gauntlet



Arm Sleeve



Thigh High



Knee High

Leg Sleeves include integrated anti-slip velour pad on the sole to prevent slipping.

Optional



Zipper

Compression Classes

AG1	CG1	AD	AG
CCL 1 ▶ 15 - 20 mmHg	CCL 1 ▶ 15 - 20 mmHg	CCL 1 ▶ 15 - 20 mmHg	CCL 1 ▶ 15 - 20 mmHg
		CCL 2 ▶ 20 - 30 mmHg	CCL 2 ▶ 20 - 30 mmHg

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