



# Spring<sup>®</sup>

## Instruction for use medical compression stockings

DE - Gebrauchsanweisung  
FR - Mode d'emploi  
TR - Kullanma talimatı  
IT - Istruzioni d'uso  
PO - Instrukcja użytkowania  
RU - Инструкции по применению

[www.spring-medical.de/downloads](http://www.spring-medical.de/downloads)



## Dear User,

please take a moment to read through this product information carefully. For optimal compression therapy effectiveness!

## Intended use

Compression stockings are used to treat phlebological leg conditions. Different products are used depending on the indication.

## Effective principle of medical compression stockings

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






## ⚠ Important information

Only wear compression stockings after consultation with your doctor. Wearing your stockings daily and holding regular consultations with your doctor will ensure successful treatment! The stockings must be obtained from a medically trained specialist retailer. Your specialist retailer will also advise you on how to put the compression stockings on correctly. If you experience leg pain or skin irritation while wearing these stockings, please consult your doctor immediately. You can prevent skin reactions in the area around the grip tops by slightly adjusting the grip tops several times during the day. We test our products within the scope of a comprehensive quality assurance. However, if you still have cause for complaint, please contact your specialist retailer. Do not attempt to perform repairs yourself. Return stockings to the specialist retailer who sold them to you. Any pilling of the material that may arise due to friction with other garments will not reduce the stocking's quality.

## Care instructions

The product is suitable for immediate use. We recommend washing the product before wearing it for the first time. Then wash daily by hand or on a delicate fabric program. Wash the stockings separately with mild detergent without fabric softener (e.g. Spring® special detergent) at a maximum temperature of 40 °C and rinse them well. The stockings can be spun gently, but do not wring them out. Dry your compression stockings in air or in a dryer on a gentle cycle. Do not place them on a heater or in direct sunlight. Never iron the stockings. To maintain the effectiveness of your stockings, please do not use chemical cleaning agents, petrol, or fabric softeners. These substances damage the knitted fabric. Compression stockings are largely resistant to fats and oils, but should not come into contact with ointments. Stockings with silicone-coated grip tops should generally not come into contact with solvents, ointments, re-greasing washing lotions and body creams. Otherwise, the adhesive strength of the grip tops could be permanently impaired (leg hair and dry skin can also limit the function of the grip tops). Store the stockings in a dry place away from sun and heat, in the original packaging if possible.

Wash inside out and do not use fabric softener!

-  Wash on a delicate or gentle cycle
-  Do not bleach
-  Dry gently and carefully
-  Do not iron
-  No chemical dry cleaning

## Material composition

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

## Indications (see also AWMF Medical Compression Therapy Guideline 037/005, Version 12/18)

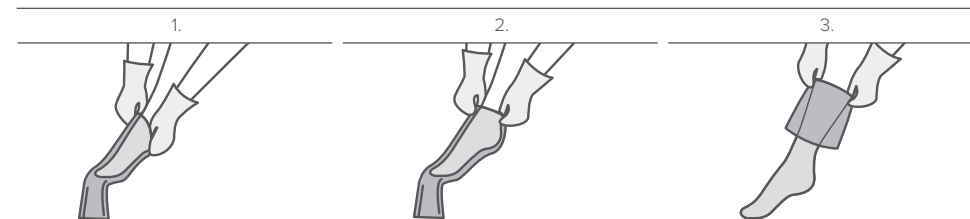
- Improvement of venous symptoms and quality of life with chronic venous diseases
- Prevention and treatment of venous edema
- Prevention and treatment of venous skin alterations
- Eczema and pigmentation
- Lipodermatosclerosis and atrophie blanche
- Therapy and pain reduction for venous leg ulcers, including relapse prevention
- 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
- Lymphedema
- Edema in pregnancy
- Post-traumatic/post-operative edema
- Cyclic idiopathic edema
- Stage II lipedema and above
- Venous stasis resulting from immobility (arthrogenic congestive syndrome, paresis, and partial paresis of the extremity)
- Occupation-related edema (occupations involving long periods of standing and sitting)
- Medication-related edema, if change of medication not possible
- Obesity with functional venous insufficiency
- Inflammatory dermatoses of the legs
- Nausea, dizziness, and congestion complaints during pregnancy
- Condition after burns
- Scar treatment

## Tips for putting the stockings on

Put on the stockings first thing in the morning after getting up, as long as your legs are free from swelling. Please do not pull the compression stockings up by the edge or the grip top, instead, slide it upwards with your hands. We recommend wearing household rubber gloves to make it

easier to put on the stockings and to protect the knitted fabric. Jewellery and long fingernails can damage the stockings. Please also pay attention to regular foot care and proper footwear. Ask your medical retailer about Spring® special gloves.

## How to put them on, closed toe

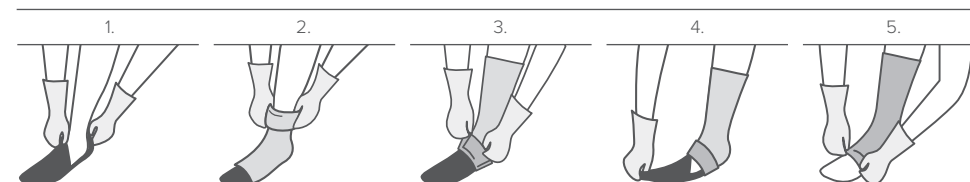


To put the stockings on, turn it inside out as far as the foot. Slip the foot section over your toes and then over the instep.

Now carefully pull the leg section over your heel. Please avoid pulling up the stockings at the end or grip top.

Pull the rest of the stockings up evenly without overstretching it. Finally, adjust the stockings on the leg until there are no wrinkles.

## How to put them on, open toe



Putting on your open toe compression stockings is much easier with the supplied Spring® dressing aid. Slip your foot into the dressing aid so that it reaches just above the heel.

Now pull the stockings on until the heel is in the right place. This is very easy with the Spring® dressing aid.

To take out the dressing aid, pull back the forefoot section of the stockings.

Pull the dressing aid out over the tip of your toes.

Then carefully roll back the forefoot section of the stockings again. Then pull the rest of the stockings up evenly without overstretching it. Finally, adjust the stockings on the leg until there are no wrinkles.

### Contraindications

#### Absolute contraindications:

- Advanced peripheral arterial occlusive disease
- Congestive heart failure
- Septic phlebitis
- Phlegmasia cerulea dolens

#### Relative contraindications:

- Weeping dermatoses
- Allergies to compression stocking materials
- Severe sensitivity disorders of the extremity
- 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

When properly stored, compression stockings can be stored for up to 3 years. This includes 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.

Defects attributable to normal wear and tear or improper use are not covered by the guarantee. Improper use also includes any subsequent modification to the product that has not been carried out by the manufacturer. The product is intended for use by a single patient. If it is passed on to other persons for reuse, the manufacturer's product liability is no longer valid.

### Disposal

After the end of the usage period, please dispose of the product in accordance with local regulations.

### Mandatory reporting

Due to legal requirements, patients and users are obliged to report immediately any serious incidents which have occurred in connection with the product and which have resulted in, or could have led to a significant deterioration in the state of health or to death, immediately to the manufacturer and the competent national authority (in Germany BfArM).

### Size chart (series production) fino

		1	2	3	4	5	
<b>A-T/U</b>	cT/U	75 - 100	80 - 110	85 - 120	95 - 130	100 - 135	
	Length IK short: 69 - 78 cm long: 78,1 - 88 cm	cH/U	90 - 115	95 - 125	100 - 140	105 - 145	115 - 155
<b>A-T</b>	cT	70 - 90	75 - 105	80 - 110	90 - 120	95 - 125	
	Length IK short: 69 - 78 cm long: 78,1 - 88 cm	cH	90 - 105	95 - 115	100 - 130	105 - 135	115 - 145
	cG (A-T)	46 - 67	49 - 71	52 - 74	56 - 79	58 - 84	
<b>A-G</b>	cG	46 - 56	49 - 60	52 - 63	56 - 67	58 - 72	
	Length IG short: 65 - 74 cm long: 74,1 - 84 cm	cF	39 - 53	41 - 56	45 - 60	46 - 62	47 - 64
	cE	31 - 40	35 - 43	37 - 47	39 - 49	41 - 52	
<b>A-D</b>	cD	28 - 35	30 - 38	33 - 41	35 - 44	37 - 47	
	Length ID short: 34 - 38 cm long: 38,1 - 43 cm	cC	29 - 36	32 - 40	34 - 43	37 - 45	39 - 48
	cB1	23 - 29	25 - 32	27 - 34	30 - 37	33 - 40	
	<b>cB</b>	<b>19 - 20</b>	<b>20,1 - 22</b>	<b>22,1 - 24,5</b>	<b>24,6 - 27</b>	<b>27,1 - 30</b>	
Foot	cY	28 - 32	29 - 34	30 - 35	32 - 36	33 - 38	
	cA	19 - 23	20 - 24	21 - 25	22 - 26	23 - 27	

Foot size with open toe (length A - Y):  
15 - 17,5 cm

Foot size with toe (shoe size):  
short: 22,5 - 25,9 cm (shoe size 36 - 40)  
long: 26,0 - 29,5 cm (shoe size 41 - 45)

### Size chart (series production) classico & vigento

		1	1+X A-D	1+X A-G	2	2+X A-D	2+X A-G	3	3+X A-D	3+X A-G	4	4+X A-D	4+X A-G	5	5+X A-D	5+X A-G	6	6+X A-D	6+X A-G	
<b>A-T/U</b>	cT/U (classico)	70 - 92			75 - 97			83 - 105			90 - 110			95 - 120			100 - 125			
	Length IK short: 69 - 78 cm long: 78,1 - 88 cm	cH/U (classico)	80 - 110		87 - 120			95 - 125			100 - 130			110 - 140			115 - 150			
<b>A-T</b>	cT	62 - 84			67 - 89			74 - 98			80 - 102			85 - 108			90 - 115			
	<b>A-G/Ht</b> (vigento) Length IK short: 69 - 78 cm long: 78,1 - 88 cm	cH	71 - 95		76 - 100			84 - 116			90 - 127			98 - 137			105 - 148			
		cG (A-T & A-G/Ht)	42 - 55		44 - 58			48 - 62			50 - 67			53 - 73			56 - 80			
<b>A-G</b>	cG (with grip tops)	44 - 53		51 - 60	46 - 56		54 - 63	50 - 60		58 - 68	53 - 64		63 - 74	57 - 70		67 - 79	61 - 80		71 - 88	
	Length IG short: 65 - 74 cm long: 74,1 - 84 cm	cF	39 - 47		47 - 55	41 - 50		49 - 58	45 - 54		53 - 62	46 - 57		56 - 66	47 - 60		58 - 69	49 - 62		59 - 71
		cE	28 - 36		28 - 36	32 - 40		32 - 40	34 - 42		34 - 42	36 - 46		36 - 46	38 - 49		38 - 49	40 - 52		40 - 52
<b>A-D</b>	cD	29 - 32	32 - 36		30 - 35	34 - 40		32 - 38	36 - 43		33 - 42	39 - 48		35 - 45	41 - 51		37 - 48	43 - 54		
	Length ID short: 34 - 38 cm long: 38,1 - 43 cm	cC	28 - 33	32 - 37		31 - 36	35 - 41		32 - 39	38 - 45		35 - 43	40 - 49		37 - 46	42 - 52		39 - 49	44 - 55	
		cB1	24 - 27	25 - 29		25 - 29	27 - 31		27 - 31	29 - 33		29 - 33	32 - 36		31 - 36	34 - 39		35 - 40	38 - 43	
		<b>cB</b>	<b>19,5 - 20</b>			<b>20,1 - 22</b>			<b>22,1 - 24,5</b>			<b>24,6 - 27</b>			<b>27,1 - 30</b>			<b>30,1 - 33</b>		
Foot	cY	26 - 30			27 - 32			29 - 34			30 - 37			32 - 39			33 - 41			
	cA	19,5 - 20			20 - 22			22 - 24,5			24,5 - 27			27 - 30			30 - 33			

Foot size with open toe (length A - Y): 15 - 17,5 cm • Foot size with toe (shoe size): short: 22,5 - 25,9 cm (shoe size 36 - 40) long: 26,0 - 29,5 cm (shoe size 41 - 45)

# Spring<sup>®</sup> medical

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