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Wear and Care Instructions for the Circaid Lower Leg Compression Wrap

Putting on the Wraps

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If your wrap has an EZ-On Panel (a black silk square on the inside of the calf)

1. Start by putting on the sock that was included with your wrap. We don't want the wrap directly on your skin.
2. Slide your leg through the EZ-On Panel and pull the wrap up so it rests just below your knee.
3. Take the bottom strap and fasten it snug, but not too tight. Then work your way up the leg, pulling each strap across and securing it with a little overlap. Make sure each strap lays smooth.

If your wrap doesn't have an EZ-On Panel

1. Start by putting on the sock that was included with your wrap. We don't want the wrap directly on your skin.
2. Take the top strap on the wrap and fasten it snug around your leg. Then work your way down the leg, pulling each strap across and securing it with a little overlap. Make sure each strap lays smooth.

Both versions of this wrap use a Built-In Pressure System, or BPS for short. To use the BPS, line up the black arrow on the card with one of the black lines on your wrap. Then pull the strap to the desired compression level that matches the appropriate colored bar on the BPS card. Do this for each strap.

HELPFUL TIP - Over the course of the day, the wrap may loosen slightly so it's good practice to recheck the straps with your BPS card to ensure everything remains snug and supportive.

Removing the Wrap

To remove this wrap, undo the velcro straps and take the wrap off of your leg. Stick the velcro back to the wrap.

HELPFUL TIP - Check your skin every day. If your skin has red spots that stay red for more than 15 minutes after you take off your wrap, stop wearing the wrap, take a picture of the red spot, and contact our office right away.

Cleaning Instructions

Hand wash this wrap with warm water and gentle soap. Rinse it well, and press out any extra water. Don't twist it to get extra water out. You can put this wrap in the washing machine in a garment bag on the gentle cycle if you prefer, but don't put it in the dryer. Avoid bleach or fabric softener, and lay it flat to dry. Make sure the wrap is fully dry before you use it again.

Wearing Schedule

Typically, these wraps are worn while you are up and awake and removed when you go to bed or are bathing. Your practitioner will instruct you on your specific schedule.