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General Features and Indications

Varicase Medical Compression Stockings and Socks are designed using years of knowledge and experience of experts to give users the best possible medical benefits according to the CEN/TR 15831:2009 Medical Compression Stockings Standard, as well as added comfort. Our measurement system has been developed so that the stockings and socks can be accurately selected for every patient. The double-covered yarn which has excellent elasticity allows for long wear-life, and easy application and removal of the stocking and socks. Using materials that have the Oeko-Tex 100 certificate minimises the risk of allergic effects on the skin. The stockings and socks are soft, breathable and have moisture absorbent features thanks to the special microfiber yarn. The thigh length stockings have a dotted silicone topband which prevents the stocking from slipping and also reinforces the compression on the leg. The classification of Varicase Medical Compression Stockings and Socks is defined by the pressure produced by the stocking or sock, which is measured at the ankle. Varicase Medical Compression Stockings and Socks have a graduated profile with maximum compression at the ankle, decreasing towards the thigh.

INDICATIONS

- Primary and secondary varicosis.
- Chronic venous insufficiency.
- Varicosis and oedema during pregnancy.
- Thrombophlebitis (superficial).
- Thrombosis prophylaxis.
- Post-thrombotic syndrome.
- After surgical vein operation as well as to support sclerosis therapy.
- Postoperative and Posttraumatic oedema.
- Lymphoedema, Lipoedema, Angiodysplasia.
- Congestion states following immobility (arthrogenic congestion syndrome, in the case of paralysis and partial paralysis of the lower extremity, etc.)

**Note:** Your doctor must determine the compression class to wear. Regular medical checks are recommended to obtain proper treatment.

CONTRAINDICATIONS

**Absolute contraindications:**
- Progressive periphery arterial congestion disease.
- Decompensated heart diseases.
- Septic phlebitis.
- Phleghmasia cerulea dolens.

**Relative contraindications:**
- Concomitant dermatosis.
- Incompatibility to compression stocking fabric.
- Sensibility disturbance of the limb.
- Progressive periphery neuropathy.
Medical Compression Stocking Treatment

The veins return blood to the heart from all the organs of the body. The main problems of the veins include inflammation, clotting and defects that lead to distension and varicose veins. The legs contain two major groups of veins: the superficial veins, located in the fatty layer under the skin, and the deep veins, located in the muscles. Short veins connect the superficial and deep veins. Blood pressure in all veins is normally low and in the leg veins, low pressure can pose a problem. Blood has to flow from the leg veins upward to reach the heart when a person is standing. The deep veins play a major role in propelling blood upward. Located within the powerful calf muscles, these veins are forcefully compressed with every step. Varicose veins are enlarged superficial veins in the legs. The precise cause of varicose veins is unknown but is probably due to a weakness in the walls of the superficial veins. This weakness may be inherited. Over time, the weakness causes the veins to lose their elasticity. The deep veins contain one-way valves to keep the blood flowing up, not down. When valves become incompetent the cycle of unidirectional blood flow is interrupted and backflow of blood occurs. This is most significant when the backflow of blood occurs between the deep and superficial veins, as the increased pressure in the superficial veins will cause further valve incompetence. This is because the valve cusps no longer meet as a result of the stretching of veins. The overall effect of this increased superficial hydrostatic pressure is the formation of tortuous varicose veins. If this increased hydrostatic pressure is not treated it leads to chronic venous insufficiency which in turn, results in oedema, lipodermatosclerotic changes, varicose eczema and ulceration.

External compression applies controlled pressure to the skin. This then supports the superficial venous system, helping to reduce the increased hydrostatic pressure and redress the balance between the deep and superficial veins. This helps in reducing oedema and aiding venous return.

Unlike compression bandaging with its high working pressure, medical compression stockings exert a resting pressure. The daily build-up of pressure is controlled by the limited ability of the hosiery to stretch, so incompetent venous valves are approximated, venous return is accelerated, the fibrinolytic activity of the venous wall is increased and the risk of thrombosis reduced.

Medical compression stockings exert an external pressure which is greater at the ankle and reduces at the calf and thigh, thus increasing blood velocity within the deep venous system. The amount of applied pressure required is determined by the severity of the condition. Severe venous hypertension is associated with oedema, eczema, skin pigmentation, induration and ulceration. It can be seen that the management of these conditions will require a higher level of compression than conditions such as mild varicose veins and oedema.
Measuring Guide

HOW TO CHOOSE THE SIZE

Compare the measurements with those in the size table. Do not apply stocking or sock if patient’s measurements do not correspond to the size table.

Below Knee (BK) Stockings and Unisex Compression Sock (CS):

- Measure the circumference of the ankle, just above the malleolus (ankle bone) (cB)
- Measure the widest point of the calf (cC)
- Measure the circumference below the knee, below the popliteal fossa (back of the knee) (cD)
- Measure the length of the lower leg, from below the popliteal fossa (back of the knee) to the floor (lD).

Thigh Length (TL) Stockings:

- Measure the circumference of the ankle, just above the malleolus (ankle bone) (cB)
- Measure the widest point of the calf (cC)
- Measure the circumference below the knee, below the popliteal fossa (back of the knee) (cD)
- Measure the widest point of the thigh (cG)
- Measure the length of the leg, from the widest point of the thigh to the floor (lG)

<table>
<thead>
<tr>
<th>Size (cm)</th>
<th>S</th>
<th>M</th>
<th>L</th>
<th>XL</th>
<th>XXL</th>
</tr>
</thead>
<tbody>
<tr>
<td>cB (Ankle)</td>
<td>20-22</td>
<td>22-24</td>
<td>24-26</td>
<td>26-28</td>
<td>28-30</td>
</tr>
<tr>
<td>cC (Calf)</td>
<td>30-37</td>
<td>33-40</td>
<td>35-43</td>
<td>37-45</td>
<td>39-47</td>
</tr>
<tr>
<td>cD (Below Knee)</td>
<td>29-36</td>
<td>32-39</td>
<td>34-42</td>
<td>36-44</td>
<td>38-46</td>
</tr>
<tr>
<td>cG (Thigh)</td>
<td>46-62</td>
<td>49-67</td>
<td>52-72</td>
<td>56-76</td>
<td>60-79</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Length of Leg (cm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>lG Normal</td>
</tr>
<tr>
<td>lG Petite</td>
</tr>
<tr>
<td>lD Normal</td>
</tr>
<tr>
<td>lD Petite</td>
</tr>
</tbody>
</table>

RISKS AND SIDE EFFECTS

Inappropriate or excessive use of the stocking or sock without a medical practitioner’s supervision may lead to skin necrosis, neural damage due to excessive pressure on the peripheral nervous system, local clot formation and thrombosis of the leg veins.

PRECAUTIONS

Care must be taken to ensure accurate sizing and application of the stocking and sock. Should pain or skin irritations occur when the stocking or sock is worn please remove the stocking or sock immediately and consult a doctor or medical practitioner. Maintain regular foot care and wear well-fitting shoes. Do not attempt to repair the stocking or sock yourself as this may impair the quality and effect. The stockings and socks are largely resistant to ointments, skin moisture and other environmental factors; however certain combinations can reduce their durability. Be careful with jewellery and long fingernails as these can damage the stocking and sock.
Below Knee and Thigh Length Stockings

Ccl I LIGHT COMPRESSION STOCKINGS (18-21 mmHg)

<table>
<thead>
<tr>
<th>Code</th>
<th>Product</th>
</tr>
</thead>
<tbody>
<tr>
<td>9111</td>
<td>Light Compression Below Knee Closed Toe Stocking</td>
</tr>
<tr>
<td>9131</td>
<td>Light Compression Thigh Length Closed Toe Stocking</td>
</tr>
<tr>
<td>9110</td>
<td>Light Compression Below Knee Open Toe Stocking</td>
</tr>
<tr>
<td>9130</td>
<td>Light Compression Thigh Length Open Toe Stocking</td>
</tr>
</tbody>
</table>

Ccl II MEDIUM COMPRESSION STOCKINGS (23-32mmHg)

<table>
<thead>
<tr>
<th>Code</th>
<th>Product</th>
</tr>
</thead>
<tbody>
<tr>
<td>9211</td>
<td>Medium Compression Below Knee Closed Toe Stocking</td>
</tr>
<tr>
<td>9231</td>
<td>Medium Compression Thigh Length Closed Toe Stocking</td>
</tr>
<tr>
<td>9210</td>
<td>Medium Compression Below Knee Open Toe Stocking</td>
</tr>
<tr>
<td>9230</td>
<td>Medium Compression Thigh Length Open Toe Stocking</td>
</tr>
</tbody>
</table>

Ccl III STRONG COMPRESSION STOCKINGS (34-46 mmHg)

<table>
<thead>
<tr>
<th>Code</th>
<th>Product</th>
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</thead>
<tbody>
<tr>
<td>9310</td>
<td>Strong Compression Below Knee Open Toe Stocking</td>
</tr>
<tr>
<td>9330</td>
<td>Strong Compression Thigh Length Open Toe Stocking</td>
</tr>
</tbody>
</table>

Thigh Length Medical Compression Stocking with Closed Toe
Thigh Length Medical Compression Stocking with Open Toe
Knee Length Medical Compression Stocking with Open Toe
Silicone Topband Which Prevents Stocking from Slipping
Unisex Compression Sock

Varicase Medical Compression Socks are specially designed for both men and women’s everyday needs. Swollen, heavy, fatigued legs, and varicose veins can occur after prolonged periods of standing or sitting. Varicase Medical Compression Socks exert graduated compression on the leg to provide active and comfortable preventative care against these problems, whilst maintaining a stylish look.

- Range of 5 sizes (S-XXL)
- Black
- Stylish, ribbed design
- Microfiber yarn material with cushioned heel
- Easy application and removal
- The Unisex Compression Sock should be fitted using the instructions for Below Knee (BK) Stockings (see p4).

<table>
<thead>
<tr>
<th>Code</th>
<th>Product</th>
</tr>
</thead>
<tbody>
<tr>
<td>9281</td>
<td>Medium Compression Unisex Sock</td>
</tr>
</tbody>
</table>
Declaration of Conformity

MANUFACTURER

Name: Varimed Medikal Sanayi ve Ticaret Limited Sirkeli
Address: Terazidere Mah. Cifteharcilar Cad. No: 2B-30 Bayrampasa 34035 Istanbul / TURKEY
Phone: +90 212 493 02 34-35 Fax: +90 212 544 12 14
web: http://www.varimed.com.tr e-mail: info@varimed.com.tr

We, the undersigned, hereby declare that the described products meet the essential requirements listed in Medical Device Directive 93/42/EEC as amended by 2007/47/EC.

This declaration is based on:

Essential Requirements Listed in Directive 93/42/EEC
Approval of a QMS System:
ISO 13485:2003

This declaration is supported by:
Varimed Medical San. ve Tic. Ltd. Şti. Technical file

Products:
Medical Compression Stockings,
Anti Embolism Stockings,
Lymphoedema Arm sleeves,
Elastic Ankle Braces,
Elastic Calf Braces,
Elastic Knee Braces,
Travel Stockings,
Classification: Class I, Risk I

SIGNED ON BEHALF OF THE MANUFACTURER:
Name: Dr. N. FOLKAN ÇETİNKAYAL
Position: GENERAL MANAGER
Place: İSTANBUL / TÜRKİYE
Date: 25.08.2010
Signature: [Signature]
This is to certify that

Varimed Medical Sanayi
Ve Ticaret Ltd. Sti.
Terazide Mah.
Çiftehavuzlar Cad. No:28
Beyrampaşa
34035 İstanbul
Turkey

Hold Certificate No: **MD 963572**

and operate a Quality Management System which complies with the requirements of ISO 13485:2003 for the following scope:

The design, manufacture and sales of medical compression stockings, anti-embolism stockings, lymphoedema arm sleeves, elastic ankle braces, elastic calf braces, elastic knee braces, travel stockings and knitting orthoses and the import and selling of medical gloves.

*For and on behalf of BSI:*

David W. Ford, Executive Director, Healthcare and Testing Services
First issued: 20 Aug 2010  Date: 20 Aug 2010
Expiration Date: 19 Aug 2013

This certificate remains the property of BSI and shall be returned immediately upon request.
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