

# Caresia<sup>TM</sup>

MANUFACTURED BY SOLARIS



user guide

## Your Caresia Bandage Liner

### Thank you for purchasing your Caresia!

Your Caresia is a standard sized, foam particle liner, designed by professionals, to help simplify your multi-layered bandaging protocols and enhance therapeutic outcomes during the active phase of your therapy. Its unique foam particles help break up tissue fibrosis and direct fluid where it needs to go.

If you have any questions or concerns about your Caresia, please give us a call at: [\(855\) 892-4140](tel:(855)892-4140) or send us an email: [info@solarismed.com](mailto:info@solarismed.com).



## Materials



Fabric: 86% Meryl, 14% Lycra

Foam: 100% Polyurethane

## Indications

- Lymphedema
- Acute and/or chronic edema
- Indurate tissue

## Contraindications

- Arterial insufficiency or degeneration
- Deep Vein Thrombosis (DVT)
- Untreated congestive heart failure
- Untreated cancer
- Untreated localized or systemic infection
- Absent or severely impaired sensation
- Severe cognitive impairment

## Care Instructions



- Use care and be gentle to prevent thread breakage.
- Wash weekly or more frequently as needed.
- Machine wash with mild detergent on perm press.
- Double rinse to remove soap residue.
- Don't use additives such as bleach or fabric softener.
- Tumble dry on perm press to re-fluff foam.
- Place clean tennis balls in dryer to fluff up the foam.
- Discontinue use immediately if rash, numbness, or skin color changes are noticed.

## Returns and Warranties

**Returns:** Within thirty (30) days of the purchase date, if the product is found to be defective, Solaris will replace it. Please contact Solaris directly.

**Warranties:** In an effort to keep prices low, Solaris does not warrant Caresia products.

## Applying Your Caresia Hand Garment

- 1** Slide your Caresia over your hand.  
*If you are also using an arm garment, skip ahead to Applying Your Caresia Arm Garment on page 6.*

- 2** Starting at your palm, apply short-stretch bandages snugly over your Caresia, according to your medical professional's advice.



## Applying Your Caresia Arm Garment

- 1 The outer seam of your Caresia follows the top surface of your arm, from the back of your hand to your shoulder (see step 3). If applying a MCP to Axilla (knuckle to shoulder) Caresia, locate the thumb opening prior to applying (left).



- 2 Fold the upper portion of your Caresia over the lower portion. Slide the folded garment over your hand and lower arm. If you are also using a hand garment, slide it over your hand before putting on your arm garment.



**3** Gently unfold the garment onto your upper arm and adjust to ensure the outer seam follows the top of your arm.



**4** Starting at your palm (or wrist if using a wrist to shoulder garment), apply the short-stretch bandages over your Caresia, according to your medical professional's advice.





## Applying Your Caresia Foot Garment

**1** Gently slide your Caresia over your foot, adjusting for comfort.

**2** Starting at your ankle, apply short-stretch bandages snugly over your Caresia, according to your medical professional's advice.





## Applying Your Caresia Below Knee Garment

**1** Gently fold the upper portion of your Caresia over the lower portion and slide it over your foot and shin.

**2** Starting at your ankle, apply short-stretch bandages snugly over your Caresia, according to your medical professional's advice.



## Applying Your Caresia Thigh Garment

- 1** Gently slide your Caresia over your knee and onto your thigh. Adjust it for comfort. Your Caresia should cover your knee cap with the vertical seams on the front of the garment.
- 2** Starting at your knee, apply your short-stretch bandages snugly over your Caresia according to your medical professional's advice.



## Applying Your Caresia Below Knee and Thigh

- 1** When using a below knee and thigh garment, begin by sliding your Caresia Thigh over your knee and onto your thigh.
- 2** Fold the upper portion of your Caresia Below Knee over the lower portion (see [page 9](#)). Slide it onto your calf and unfold it over your Caresia Thigh.
- 3** With your Below Knee and Thigh garments overlapping, begin applying short-stretch bandages at your ankle according to your medical professional's advice.





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