

# EXO<sup>TM</sup>

BY SOLARIS



user guide

## Materials



### Upper Extremity

**ExoStrong:** 84% Nylon, 14% Lycra®, 2% TENCEL®

**ExoSoft:** 75% Nylon, 25% spandex

### Lower Extremity

**ExoStrong:** 84% Nylon, 14% Lycra®, 2% TENCEL®

**ExoSoft:** 85% Nylon, 15% spandex

**ExoSheer:**

**8-15 mmHg:** 88% Nylon, 12% spandex;

**15-20 mmHg:** 80% Nylon, 20% spandex;

**20-30 mmHg:** 80% Nylon, 20% spandex

**ExoFusion:** 41% Polyester, 27% TENCEL® **Drirelease®**, 26% nylon,

6% spandex, EnviroSystems ProShield 5000 (Antimicrobial)

## Indications

- Lymphedema
- Venous swelling
- Prevention of Deep Vein Thrombosis (DVT)

## Washing Instructions

- Machine wash with mild detergent in warm water.
- Don't use bleach or fabric softeners.
- Machine dry on permanent press. Do not iron.



## Contraindications

- Arterial insufficiency or degeneration
- Untreated congestive heart failure
- Systemic infection
- Impaired sensation
- Cognitive impairment
- Allergies or sensitivities to materials

## Your Exo Garment

Thank you for choosing your Exo compression garment. Thousands of hours of research and development went into your Exo to make it the most comfortable and easiest to use compression garment available.

With good care, your garment will need to be replaced in **six months or less**. Here are some signs that it's probably time for a new Exo garment:

- Your garment is slipping or falling down more frequently.
- Your garment has become considerably easier to put on.
- It's been six months since you began wearing your garment.

When it's time to reorder, please contact the company where you bought your Exo garment from or visit our store locator at [www.solarismed.com/where-to-buy](http://www.solarismed.com/where-to-buy).

Thanks again for choosing Exo!



## Helpful Hints

- Put your Exo garment on as soon as you wake up. That's usually when your arm or leg is at its smallest and when your garment will be the easiest to don.
- Make sure your arm or leg is dry before putting your garment on. A thin layer of talcum or baby powder may help.
- Use vinyl gloves, such as dishwashing gloves, while putting on your garment to prevent fingernail tears and make it easier to adjust.
- Take off watches and jewelry before putting your garment on. They can snag and tear your garment.
- Don't cut or pull loose threads. Cutting or pulling could cause a run in the fabric.
- Skin hygiene is important, so put on a clean garment every day.
- Putting on compression garments can be frustrating, especially the first few times. Like all things though, it'll get easier with practice and patience.

Always wear a clean Exo garment

Always wear a clean Exo garment

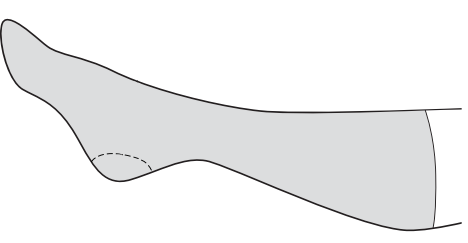
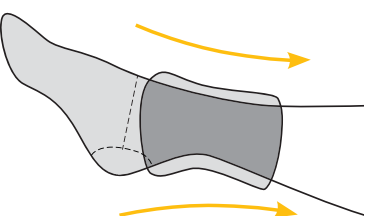
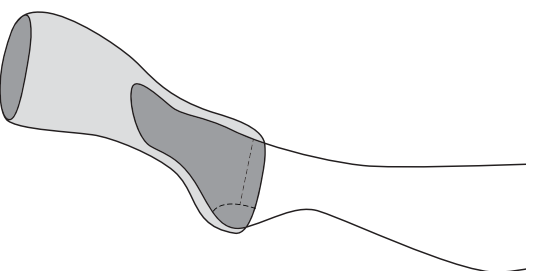
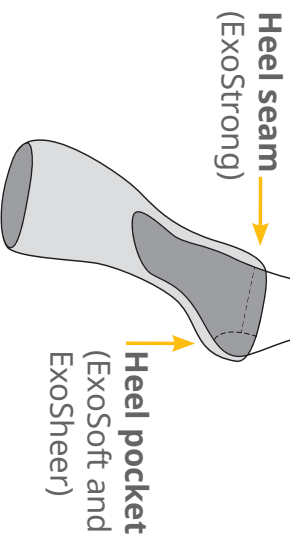
## How to Put On Your Exo Leg Garment

**1** Turn your Exo leg garment inside out until you reach the foot portion. The heel pocket or seam should just be visible.

**2** Slide your foot into the foot portion. Adjust your garment until your heel is aligned with the heel pocket or seam.

**3** Ease the garment up your leg a few centimeters at a time. Smooth out creases as you move upwards.

**ExoFusion**  
If you're using an ExoFusion, put it on like you would a regular knee high sock.

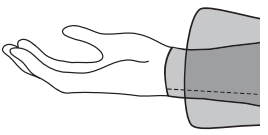
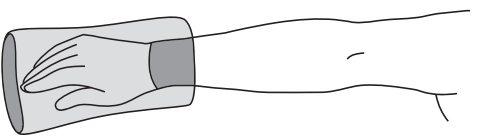


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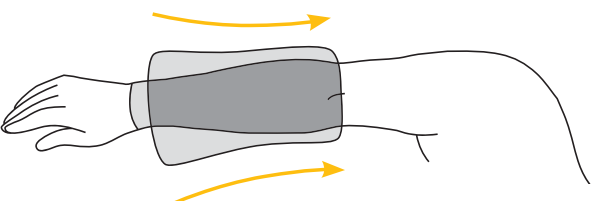
## How to Put On Your Exo Arm and Hand Garments

**1** Fold the top half of your Exo arm garment inside out so that it is overlapping the lower half. ExoStrong garments have an outside seam that should be aligned with the outside of your wrist.

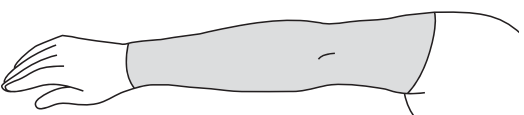


**Outside seam**  
(ExoStrong)

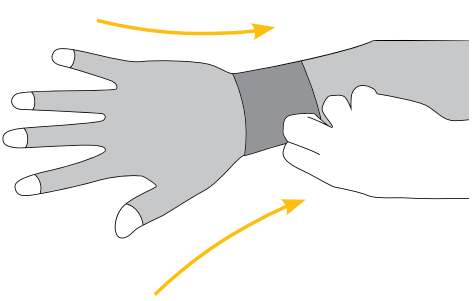
**2** Slide your hand inside and gently pull your garment up to your elbow.



**3** Ease the garment up your arm a few centimeters at a time, smoothing out creases as you move upwards.

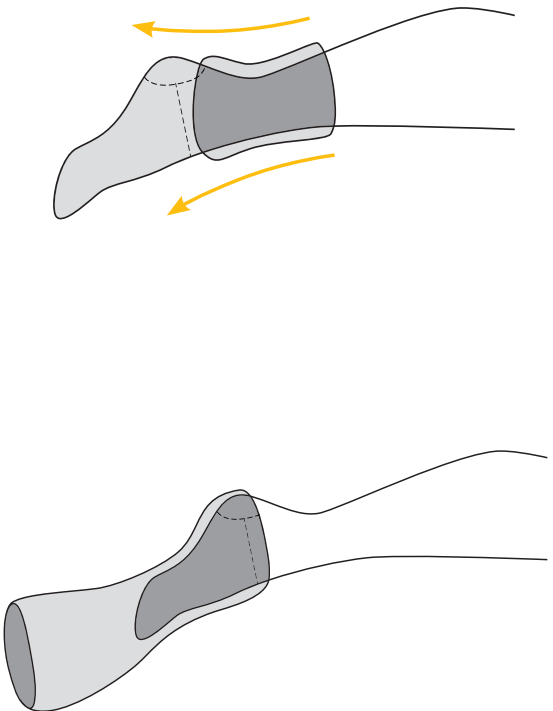


**4** Your Exo glove is donned once your arm sleeve is in place (if applicable).



## Removing Your Exo Leg Garment

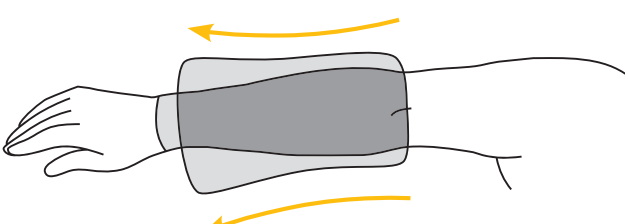
- 1 Grab the top band of your garment and turn it inside out. Continue turning your garment inside out as you pull it down to your ankle. Insert a finger into your stocking to move it over your ankle. Then, pull the rest of your garment off of your foot.



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## Removing Your Exo Arm Garment

- 1 If using a glove, remove it first. Then, grab the top band of your arm garment and turn it inside out. Continue turning it inside out as you pull it off of your arm.



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