

Product Care Instructions

TheraTogs are made of a patented technical textile that combines the elasticity and rebound of a Spandex®-nylon material with a unique and delicate foam surface with a chamois-like feel. The key properties of the fabric – the uni-directional stretch, the Velcro® hook receptivity and durability, and the grip of the foam layer – are all critical elements in making your TheraTogs system work properly.

This specialty fabric (especially the foam surface) requires special laundering and handling; failure to follow care instructions will void your product warranty.



Machine wash gentle, cold wash.
No softeners, brighteners, fragrances.
Bleach as needed. Dry flat, in shade.
Do not iron. Do not dry clean.
Do not wring or twist.

The foam layer is particularly sensitive; adding any softeners as liquids or detergents with additives will cause the foam to become gummy and will void the product warranty.

Questions? Contact productcare@theratogs.com.

Basic Wear-and-Wash Guidelines

| | Worn 1-4 hours, but not daily | Worn daily | Worn daily + special circumstances (G-tube, excessive drooling) | Persistent Stain or urine accident, etc. |
|---|-------------------------------|-----------------|---|--|
| Wash in WATER only | Every three days | Every other day | Daily | Wash WATER ONLY with longer rinse cycle, or wash twice – in warm/warm water. |
| Gentle Cycle Machine Wash with 1 TBSP of detergent | Once a week | Once a week | Once a week | Follow double warm/warm water wash with 3% hydrogen peroxide and 1 TBSP detergent. |

Proper care of your TheraTogs garments is critical to continued long term use, so please pay close attention to the specific wearing, washing, and drying requirements provided below.

When Wearing Your TheraTogs...

The proprietary water-based urethane foam on TheraTogs garments is hydrophilic – meaning it “loves water.” The foam is an open-celled honeycomb design that makes it breathable – but this design also makes it possible for the foam to collect foreign substances and become ‘clogged’, much like the lint collector on a dryer.

Exposing TheraTogs garments to urine, drool, excessive sweating, or other food liquids (like juice or milk) will clog the foam’s pores, reduce its grip characteristics, and cause the foam to degrade. If you don’t wash the garments adequately, the build up of

sugars, proteins, residual detergent, or acids will destabilize the foam layer, which will begin to 'break down' and flake off.

The foam side of TheraTogs garments will absorb liquids and lotions that may be on the skin.

- Please do not use any lotions that contain fragrance or oils.
- Saliva is salty and acidic; if the wearer salivates excessively, wash the affected garment(s) or components more frequently.
- Perspiration is salty and acidic; if the wearer sweats excessively, or is wearing TheraTogs in a very warm environment, reduce the amount of wear time, and wash the affected garment(s) or components more often.

If you find the garments "stretching out" and not recovering to normal size, this is usually caused by rinsing or washing the garments too infrequently.

The foam side of the garments is delicate; fingernails and other sharp objects can cut, dent, or "ding" the foam. If this occurs, don't worry: the product is still usable, as long as the wear-and-tear on the foam side doesn't prevent it from gripping the skin effectively. When the fabric stops gripping, the TheraTogs system stops working.

If you have any questions regarding the foam layer's appearance or function, please contact Customer Service.

Washing Your TheraTogs

Washing & Drying Tips



Machine wash gentle, cold wash.

No softeners, brighteners, fragrances.

Bleach as needed. Dry flat, in shade.

Do not iron. Do not dry clean.

Do not wring or twist.

When garments are wet, the foam layer is very vulnerable. Some tips and reminders:

- Do not nick the foam with your finger nails.
- Do not catch the foam on rough surfaces when hang drying or flat drying.
- For best results, hang the wet TheraTogs on a wooden drying rack (or sweater drying system) with the foam side up.
- Do not s-t-r-e-t-c-h the material out while drying.
- Do not clip, pin, or clamp the garments, or you will permanently damage the foam layer.

Detergent Guidelines

DO NOT USE Dreft, Gain, Melaleuca, Purex, Surf, Tide or Woolite products - their chemical composition will damage the foam layer. Do not use detergents which contain brighteners, fragrances, or softeners.

A partial list of products that do not contain additives includes:

| | | |
|--|---|---|
| 20 Mule Team Borax | Country Save Powdered Detergent | OxiClean Baby Stain Remover |
| Allen's Naturally Powdered & Liquid Laundry Detergents | Ecos Free & Clear Liquid Laundry Detergent (NOT powdered or baby version) | Planet Ultra Powdered Laundry Detergent |
| Arm & Hammer Essentials Free (NOT "Mountain Rain" version) | EnviroRite Laundry Detergent | Seventh Generation - Free & Clear |
| Bio-O-Kleen Liquid Laundry Detergent | Lifekind Naturally Safer Triple Concentrated Laundry Powder & Liquid | Sun and Earth Deep Cleaning Laundry Detergent |
| Charlie's Soap | Mountain Green Free and Clear (NOT Baby version) | Trader Joe's Cleanliness is Next to Godliness |
| Country Save Liquid Detergent | Nellie's Laundry Soda | |

The listing of detergents above is provided for your reference, and is not an endorsement of any product by TheraTogs. Material Safety Data Sheets (MSDS) can be requested from product suppliers. For the most current list of products and product contents, see the Household Products Database: Health and Safety Information at <http://householdproducts.nlm.nih.gov>.

Machine-Washing Your TheraTogs

A top loading or energy efficient washing machine may be used. The following procedure is recommended for both garments and strapping.

1. Follow machine directions to set your wash settings as follows:



- Medium sized load
- Warm/cold wash temperature
- Gentle/knit/delicate cycle (max 8 minutes)

2. Add no more than **ONE TABLESPOON** of recommended detergent or wash with water only.
3. Start the machine and add detergent. DO NOT ADD ANY OTHER CHEMICALS, ADDITIVES, OR SOFTENERS.
4. Remove all Velcro tabs from garments and strapping, and add garments to the machine.
5. Do not wash with other clothing.
6. When the wash cycle is complete, the items will still be very wet – handle them carefully.



Hand-Washing Your TheraTogs

1. Fill a sink or container with 10 gallons of warm water.
2. Add no more than one tablespoon of detergent to the water.
3. Remove all the Velcro tabs from the garments.
4. Submerge garments in the water, holding them under water with both hands.
5. Gently move your hands and the garments in the water to release air bubbles and to simulate the agitation provided by a top loading washing machine.
6. DO NOT scrub the foam against foam or scrub the gold material against gold material.
7. Provide agitation for five minutes or more to release and dissolve salts, oils and other residue that may be trapped in the structure of the foam.
8. Drain "dirty" water from the container.

- Without wringing out garment, add 10 gallons of fresh warm water.
- Agitate for two to four minutes and drain. If stains are still visible, machine-wash the garment.
- Proceed to drying instructions below.

Drying Your TheraTogs



The garments are very vulnerable when it is wet. Do not hand-wring or twist the garments dry, or you will damage the foam layer.



Hand-Drying Your TheraTogs

- Press the water out of the garment by gently pressing the garment to the side of the container. Do not wring out or twist the material while it is wet.
- Place one piece of the garment on a towel. Roll the garment up in the towel and press the water out of the garment.
- Drape on drying rack foam side up, or place on flat surface foam side up with a dry/clean towel underneath.



See below for additional drying instructions and suggestions.



Machine-Drying Your TheraTogs

In cases where the TheraTogs system is not completely dry prior to use, you can use your dryer to dry and soften the garments.

- Follow machine directions to set your dryer settings for either:
 - Damp Dry (Tumble Press) – 20 minutes low heat period on Timed Dry cycle.
 - Air Fluff cycle – heat free cycle for drying items that can be damaged by heat. Uses ambient temperature for either a timed period, or automatically senses reduced moisture.
- Load and dry your TheraTogs garments per the settings above. **DO NOT INCLUDE FABRIC SOFTENER OR ANTI-CLING SHEETS.**
- Remove from dryer when cycle is completed and lay flat (foam side up) until cool enough to wear or to hang up for future use.
- Do not clip, pin, or clamp the garments, or you will permanently damage the foam layer.

Proper Handling and Storage of TheraTogs Systems

- Do not leave systems in car (any time of year), the heat will damage the foam surface
- Do not hang the systems in direct contact with heat, the foam surface will be damaged
- If you require storage of a TheraTog (diaper bag, luggage, between surgery storage) always place a towel between the white foam sides. Do not fold "foam on foam"
- Store the garments on a hanger, foam side out in a closet or place in drawer without folding with a towel between the foam side
- Do not wash systems with other clothing or with tabs attached to the garments.