A woman in a pink t-shirt and light blue shorts is sitting on a bed, stretching her arms upwards with her hands clasped. She has a serene expression. In the background, a man in a dark blue t-shirt is sleeping peacefully on the same bed, covered with a light grey blanket. The room has a light blue wall and a white headboard. A bedside lamp is visible on the right.

**JOBST**

Continuous  
comfort at  
**Night**

**JOBST® Relax**

Your Night-Time Guide to Managing  
Lymphedema While You Sleep

# Night compression: around-the-clock therapy

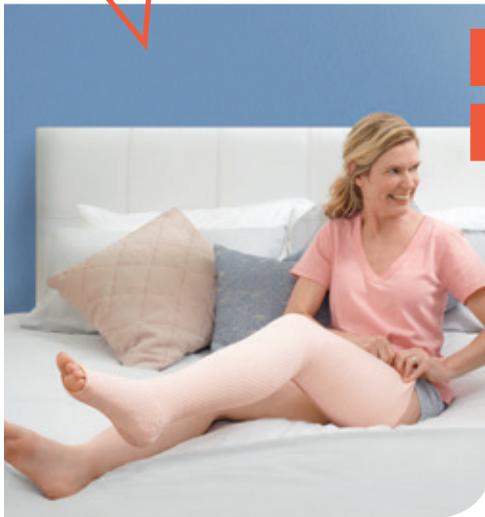


**M**any people with lymphedema experience swelling and fluctuating edema while they sleep, even if they have the best daytime routines in place to manage their swelling.<sup>1</sup>

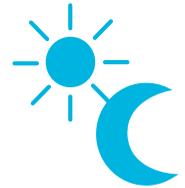
*"For me it's important to have a night garment that makes my leg feel secure and comfortable. It really puts my mind at ease."*

**Kim, 50 years.**

Traditionally, bandages have been used for night-time compression but many patients struggle with their application, often wrapping them too tight, which can cause more harm than good. That's why night garments are becoming increasingly popular alternatives to bandaging and patients are quickly seeing the great results that around-the-clock management of edema can bring.



## DID YOU KNOW ?



**USING COMPRESSION AT NIGHT CAN HELP MAINTAIN AND COMPLEMENT THE RESULTS YOU ACHIEVE FROM DAYTIME LYMPHEDEMA THERAPY.**

### WHY USE

### NIGHT-TIME COMPRESSION?

There are many potential\* benefits of using night-time compression, including:

- ✓ Maintains daytime gains<sup>2</sup>
- ✓ Improves sleeping comfort<sup>2</sup>
- ✓ Softens tissue fibrosis<sup>3</sup>
- ✓ Increases lymph reabsorption<sup>3</sup>
- ✓ Stimulates lymphatic capillaries<sup>3</sup>

<sup>1</sup> Whitaker JC. Br J Community Nurs. 2016 Oct; 21 (Suppl 10): P. 22-30

<sup>2</sup> Bertsch, T. 2018, British Journal of Community Nursing, Vol. 23, No 11, P. 535-541

<sup>3</sup> Partsch, H., & Junger, M. (2006). Evidence for the use of compression hosiery in lymphoedema. London: MEP Ltd, P. 5-9

\* Results of using night-time compression garments may vary from patient to patient.



# JOBST® Relax - Smart design for a better night's sleep

**D**esigned with real patients' needs in mind, JOBST Relax combines state-of-the-art compression technology with quality and comfort to help you get a perfect night's sleep, every night.<sup>1</sup>

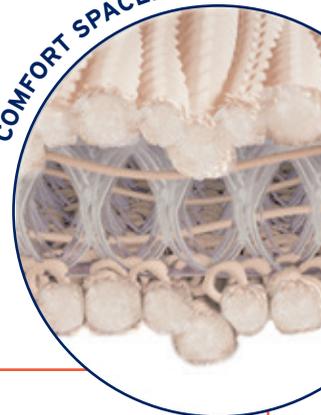
With its innovative lightweight design, the garment delivers the right balance of fabric thickness, cushioning and breathability, making it easy to use, comfortable and conducive to sleep.<sup>2</sup>

of lightweight fabrics and moisture-managing yarns helps avoid heat generation and perspiration. The flexible material also promotes freedom of movement during sleep as the flat-knit properties make it less likely to wrinkle into skin folds and cause constriction. It's also designed to be much easier and quicker to don than conventional self-banding.

**Made with Coolmax® Air Technology.**

One of the special features that sets JOBST Relax apart from other night compression garments is its **Comfort Spacer Layer**. A combination

COMFORT SPACER LAYER



<sup>1</sup> Khalilpour, P. 2018, Evaluation and comparison of JOBST® Relax and Mobiderm® Autofit Armsleeve Fabrics, Vers. 1, P.1-6

<sup>2</sup> Bertsch, T. 2018, British Journal of Community Nursing, Vol. 23, No 11, P. 535-541

## BENEFITS

### Micro-Massage

Textured surface designed to **micro-massage the skin** and support stimulation of lymph flow



### Breathable

Heat management promoted by **yarn combination with monofilaments**



### Cushioning

Special flat-knit construction provides **extra cushioning and enhances comfort**



### Easy Donning

Designed to be **easy and fast to don** compared to self-banding



# Care Tips

## for comfortable night-time therapy



**E**stablishing an effective night-time management routine that suits your individual needs is important.

Whether it's skin care or a light massage, there are many methods that can help ease the process of caring for your body at night.



### SELF MASSAGE

Manual lymph drainage using light, repetitive skin-stretching movements can help decongest tissue. It's relatively easy to perform and can be done while watching TV or taking a shower. Ask your therapist to show you the right technique to ensure a safe and correct massage.<sup>1</sup>

### DEEP BREATHING

Combining deep breathing and gentle exercise (like stretching or yoga) may be beneficial in influencing lymphatic drainage<sup>2</sup>, not to mention a relaxing way to prepare yourself for sleep!



### SKIN CARE

Properly hydrated skin that's free from dryness and cracks is the first step to avoiding potential infections such as cellulitis. Refrain from taking very hot showers and moisturize your skin twice a day with an emollient-based product.\* This will help maintain the natural oils in the skin and keep it hydrated.<sup>1</sup>

### GARMENT CARE



wash at 30°C



tumble-dry



no bleaching

\* Certain moisturizers may damage compression garments so make sure they are well absorbed before donning.

<sup>1</sup> Lymphoedema Framework. Best Practice for the Management of Lymphoedema. International consensus. London: MEP Ltd, 2006.

<sup>2</sup> Moseley AL, Piller NB, Carati CJ. The effect of gentle arm exercise and deep breathing on secondary arm lymphedema. *Lymphology* 2005; 38(3): P. 136-45.



... WITH JOBST®

## RELAX

If you have any questions or want to know more about how JOBST products can support you, visit:

[www.jobst.com](http://www.jobst.com)

LymphCare® is an exclusive patient community with information and resources dedicated to helping you manage your lymphedema better. Learn more about your condition at: [www.lymphcareusa.com](http://www.lymphcareusa.com)

Join our community!

LymphCare®  
by JOBST

## WE CARE FOR YOU

