



REPAREL™

Post Operative Patient Instructions for using the Reparel™ Leg Sleeve

Your Surgeon has recommended the use of the **Reparel™ Leg Sleeve** to support recovery after your surgery. **Reparel™** is a bioactive fabric sleeve, designed to improve circulation, increase range of motion, and resolve post-surgical inflammation and pain. It is non reliant on compression to resolve swelling and is therefore extremely comfortable to wear and put on.

Here are a few things you should know when using **Reparel™**.

1. For post-operative patients, wear your bandages for the specified amount of time that the doctors/nurses tell you.
2. After that time has passed, take off your bandages and clean the surgical site in the shower.
3. Apply sleeve.
4. It is recommended that you wear the **Reparel™** sleeve while sleeping to improve the healing process while your body is at rest. The sleeve can be worn during the day as well but should be removed for 2 hours cumulative **each day** to let your skin breathe.
5. Remove sleeve when icing and bathing/hygiene.
6. Continue to wear your **Reparel™ Leg Sleeve for 4-6 weeks or until swelling is resolved.** After 4-6 weeks, wear it periodically for comfort and to reduce inflammation that may arise during rehabilitation exercises/activities.
7. Wear to all post-op visits with your surgeon.

Wash and Care Instructions: *You can wash your Reparel™ Leg Sleeve in cold water and tumble dry on low. To extend the life of the sleeve, we recommend placing the sleeve in a delicate bag or pillowcase in the washer and dryer to prevent snags and other materials from clinging to the fabric.*

Questions

For more information on **Reparel™** visit www.reparel.com/faq

For more information about Banff Sport Medicine Shop Products, visit www.banffsportmed.ca/shop/

For questions related to your surgery or follow-up appointments, call 403 780 2897 ext 1