



# Everyday living with the ConvaTec™ Adaptive Compression Therapy (ACT) System


Information to help you get the  
most out of your therapy



Be sure to review the User Manual  
in full before use.



# Compression therapy shouldn't limit your lifestyle

This booklet is designed to help you get the best results possible with the ConvaTec™ Adaptive Compression Therapy System, so please read it completely. **When you see this symbol , pay extra attention to the information provided.**

With the ConvaTec Adaptive Compression Therapy System, compression therapy no longer has to interfere with the activities you want to do every day.

This advanced system offers two modes of operation to meet your needs:

- **Sustained graduated compression (SGC) mode** for while you walk around and go outside
- **Intermittent pneumatic compression (IPC) mode** is the right setting for when you are sitting or reclining

The ConvaTec™ Adaptive Compression Therapy System is lightweight for your comfort and convenience. It's even designed to be used with your own shoes.

Importantly, the ConvaTec Adaptive Compression Therapy System is designed to speed the healing of venous leg ulcers and help you feel better.



**TIP:** Remember to charge the device every night for at least 4 hours, even if the Status Indicator is green. Charging the device for longer than 4 hours will not damage the device or the battery.



ConvaTec AC/DC Power Adapter/Charger



Wear the device for **at least 14 hours a day** (or as directed by your doctor) to get the most benefit for venous leg ulcer healing. Not wearing the device as recommended—even for short periods of time—may delay ulcer healing.

# Getting started each day

Apply the device immediately upon waking and wear it at all times except when you are lying flat and sleeping in bed at night. Follow these simple steps:

1. Disconnect the device from the AC/DC Power Adapter/Charger (the device should always be fully charged prior to use, which takes at least 4 hours).
2. If you wear a light compression stocking while sleeping, remove it before putting on the device.
3. Check that your wound dressing is properly in place, following the advice of your healthcare professional.
4. Put on the Undersock and Compression Sleeve (**but do not inflate the Compression Sleeve**).
5. Put on your clothing (such as pants) over your leg and foot. Then put on your shoes. **Now inflate the Compression Sleeve.** (Note: Remain seated while the Compression Sleeve is inflating, which may take up to 5 minutes. When you stand up, you may hear the pump run for a few seconds, and you may feel the pressure under your foot change as the device adjusts for the weight on your foot.)



## What to wear?

### Good choice

Your regular-sized clothing and shoes (no special shoes are needed).

Sensible walking shoes (like flats and sneakers).



### Avoid

Pants that are tight at the calf.

High heels or shoes that are difficult to walk in.



You will achieve the best benefit if you apply the device immediately upon waking and wear it at all times. This will reduce swelling that might develop in your leg during the day.



## When to use IPC mode

Intermittent pneumatic compression reduces swelling that develops in your leg over the course of a day. It also aids circulation in your leg. It is recommended that you use the device in IPC mode for 4 hours a day (always when seated or reclining) to help speed venous ulcer healing.



This can be for:

- Two 2-hour sessions OR
- Two 1-hour sessions and one 2-hour session

## Activities during your day

What's great about the ConvaTec™ Adaptive Compression Therapy System is that once you turn it on, it pretty much runs itself.

### Going out and about in SGC mode

SGC mode allows you to go to work, go shopping, eat out, and even attend social functions while still receiving compression therapy throughout the day and evening.

When turning the device on in SGC mode, you will feel the Compression Sleeve gradually apply pressure starting at the foot and working up the leg in 4 stages to your knee. It stops pumping when correct pressures are achieved in all 4 chambers. Every 30 minutes, the device automatically checks the pressures and self-adjusts, if needed. You may occasionally hear the sound of the pump running or feel a change in pressure.

In some places (like a movie theater) where you want quiet, just press the Mute Button for at least 2 seconds (it should beep). After 2 hours, the device switches back to normal mode (and beeps again). You may feel the pressures re-adjusting. You can switch back to normal mode at any time by pressing the Mute Button for at least 2 seconds.



Mute Button



Any session in IPC mode should be a minimum of 30 minutes.

Choose a quiet time at the end of the day, such as when you are reading or watching television. Develop a regular routine—and tell your family members—so they can help remind you to use the device in IPC mode.

### Switching to IPC mode



To switch to IPC mode, insert the AC/DC Power Adapter/Charger into the Charging Port on the Control Unit and plug into a power supply. Press the On/Off Button for at least 2 seconds. You will hear the pump running and feel the Compression Sleeve slowly apply higher pressure starting at the foot and gradually working up the lower leg in 4 stages up to the knee. When correct pressures are reached in all 4 chambers, the Compression Sleeve will deflate, and the cycle repeats.

To switch back to SGC mode at any time, unplug the AC/DC Power Adapter/Charger.



You should be seated, reclining, or lying down when using IPC mode. Do not stand or walk.

## Taking a bath or shower

1. Remove the device right before bathing/showering.
2. Follow instructions from your healthcare professional about your wound dressing (either to use a waterproof covering or to remove the dressing and apply a new one).
3. Re-apply the device as soon as you are finished bathing/showering and your skin is completely dry.



## Getting ready for bed

1. Get undressed (the Compression Sleeve should be almost the last thing you remove).
2. Charge the device (you can use the same power outlet each night to help you remember to charge it every night, but make sure you won't trip over it if you get up during the night).
3. Inspect your wound dressing.
4. Wear your Undersock to help keep the dressing in place or a light compression stocking at night, if directed by your healthcare professional to do so.
5. Lie flat in the bed to aid circulation in your leg at night.



## Taking a trip

The ConvaTec™ Adaptive Compression Therapy System is lightweight, making it easy to take with you when you travel.



### Before you go:

- With a little planning, you should be able to wear the ConvaTec Adaptive Compression Therapy System during your trip
- If you are not wearing it, pack the ConvaTec Adaptive Compression Therapy System very carefully. Use the provided Compression Sleeve box
- Plan ahead so you have enough wound dressings with you
- Remember to pack:
  - All of your Undersocks
  - The AC/DC Power Adapter/Charger
  - The Compression Sleeve (with attached Control Unit)
- Ask your healthcare professional for any further instructions



You may have to remove the device for airport security checks. When on a plane, follow any instructions to turn off electronic devices (such as computers and DVD players).



### A word about high elevations

Traveling to a place with a high elevation will not affect the pressure and the device will adjust automatically.

# Caring for the ConvaTec™ Adaptive Compression Therapy System

## For your safety

It's reassuring to know that the ConvaTec™ Adaptive Compression Therapy System features special software that will turn the device off automatically to prevent over-compression of your leg. If this happens, simply restart the device.

### Important reminders

- **If you need to drive:**

- You **must** remove the device—**never wear it while driving**
- You can wear a light compression stocking instead



- **When using the device in IPC mode:**

- You should always be seated or reclining—**never stand or walk around**



- **If you experience any pain or have other concerns:**

- Always talk to your healthcare professional or call the ConvaTec Customer Interaction Center toll-free at 1-800-422-8811, Monday through Thursday, 8:30 a.m. – 8:00 p.m. Eastern Time (ET); Friday, 8:30 a.m. – 6:00 p.m. ET; Saturday, 10:00 a.m. – 2:00 p.m. ET. After normal business hours, call 1-888-230-2242

- **Always wear shoes or slippers at home**—to prevent accidental puncture of the Compression Sleeve

- Avoid sharp objects (such as pins, needles, thumbtacks, or thorns from outside)



- **Avoid kneeling while wearing the device**—it may set off the pressure sensor that prevents over-compression or crack the device



- **Prevent repeated high impact against the foot air chamber**—which can cause damage

- **Keep the device away from liquids and excessive heat** (it is *not* waterproof)



### Washing the Undersock

Machine wash the Undersock at 104° F (40° C) on a gentle cycle. Do not dry clean or use chlorine bleach. Air dry or tumble dry on a low-temperature setting; do not iron. It is recommended that you replace the Undersock after a maximum of 60 washes.



To learn more, call ConvaTec toll-free at 1-800-422-8811.

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Wound Ostomy Continence Nurses are available to help you.