

# Compression Garments

Choose one of these two before your surgery

**Compression is an important part of swelling control.**  
**You should buy one of these two options** to help with swelling after surgery. You do not need both. Have it at home and ready before your surgery date.

## Which one should I get?

It comes down to your **upper thigh measurement** and what you find comfortable.

Most patients prefer the **Reparel sleeve** if their upper thigh measurement is **under 24 inches**. The **EdemaWear** stockinet is **cooler** and is constructed to milk fluid out of the leg — some patients much prefer it, and it works at any size.

|              | Reparel Leg Sleeve                                       | EdemaWear Stockinet                    |
|--------------|----------------------------------------------------------|----------------------------------------|
| Coverage     | Ankle to upper thigh                                     | Foot to upper thigh                    |
| Best for     | Upper thigh <b>under 24"</b>                             | Any size. Runs <b>cooler</b> .         |
| How it works | Full-length compression sleeve                           | Milks fluid out of the leg             |
| Where to buy | <b>reparel.com</b><br>Use code <b>TRIA20</b> for 25% off | <b>edemawear.com</b><br>(402) 660-9834 |

**Measure your upper thigh before you order.** Both products are sized from that measurement, and a garment that does not fit will not help you. If you are close to the next size up, **pick the larger size**.

## Option 1: Reparel Leg Sleeve

A full-length sleeve running from the **ankle to the upper thigh**. Most patients like this one if their upper thigh measures **under 24 inches**.

### How to buy it

- Go to [www.reparel.com](http://www.reparel.com)
- Use discount code **TRIA20** for **25% off**
- Measure the circumference of your **upper thigh** and use the chart below
- **If you are between sizes, choose the larger one.**

**Leg Sizing**

Measure the circumference of upper thigh.



**Small:** 16-20"  
**Medium:** 20-24"  
**Large:** 24-28"  
**XL:** 28-32"  
**XXL:** 32"+

If you are close to the next size up pick the larger size

*Reparel sizing, by upper thigh circumference.*

## Option 2: EdemaWear Stockinet

Fits from the **foot to the upper thigh**. It runs **cooler** than a sleeve and is built to milk fluid out of the leg. It works at any thigh size.

### Which size to order

Measure your upper thigh, then:

- Thigh **over 24"** → order the **MEDIUM** (yellow stripe, #0960001)
- Thigh **under 24"** → order the **SHAPED** (grey stripe, #SH06018)

### Practical notes

- It can be **cut to length** and will not unravel.
- Wear it in **direct contact with your skin**. If you wear socks, put them on **over** it.
- To keep it from rolling down, turn the end over to make a 3-inch cuff.
- Wash cold, hang dry. Remove it daily for bathing.

## EdemaWear sizing chart

The manufacturer's full sizing chart is below. **For your knee replacement, you only need the two sizes noted on the previous page** — Medium (thigh over 24") or Shaped (thigh under 24"). The rest of the chart is for other uses.

| EdemaWear - Sizing Guide                                                              |                                                                                 |                                                               |
|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------|
| SIZE                                                                                  | ARM/CALF/THIGH CIRCUMFERENCE                                                    | SITE                                                          |
| <b>Small</b><br><b>Navy Stripe</b><br>Product Code #0600001                           | Up to 18"<br>(45cm)<br>Stockinet Length: 22"                                    | • Wrist to Shoulder<br>• Foot to Knee                         |
| <b>Medium</b><br><b>Yellow Stripe</b><br>Product Code #0960001                        | Up to 30"<br>(75cm)<br>Stockinet Length: 34"                                    | • Wrist to Shoulder<br>• Foot to Knee or Groin<br>Thigh > 24" |
| <b>Large</b><br><b>Red Stripe</b><br>Product Code #120L001                            | Up to 46"<br>(115cm)<br>Stockinet Length: 24"                                   | • Knee to Groin For Obese Individuals                         |
| <b>X-Large</b><br><b>Aqua Stripe</b><br>Product Code #160XL01                         | Up to 60"<br>(150cm)<br>Stockinet Length: 24"                                   | • Knee to Groin For Morbidly Obese Individuals                |
| <b>Small LITE (For Tender Skin)</b><br><b>Purple Stripe</b><br>Product Code #L060017  | Up to 24"<br>(60cm)<br>Stockinet Length: 22"                                    | • Wrist to Shoulder<br>• Foot to Knee                         |
| <b>Medium LITE (For Tender Skin)</b><br><b>Orange Stripe</b><br>Product Code #L096034 | Up to 36"<br>(90cm)<br>Stockinet Length: 34"                                    | • Wrist to Shoulder<br>• Foot to Knee or Groin                |
| <b>Small SHAPED (Cone-Shaped)</b><br><b>Grey Stripe</b><br>Product Code #SH06018      | Calf Up to 18"<br>(45cm)<br>Mid-Thigh Up to 24" (60cm)<br>Stockinet Length: 30" | • Foot to Mid-Thigh<br>Note thigh measurement                 |

**Stockinets may be cut to length.**

EdemaWear sizing guide. Compression Dynamics, LLC.

**Not sure which to buy, or not sure of your measurement?** Ask at your pre-op visit, or call the office at 952-831-8742. Getting this wrong means the garment does not fit and does not help — it is worth one phone call.