

# Nighttime Relief



N O R T O N  
C O M P R E S S I O N  
S O L U T I O N S

Customizable dials to adjust pressure

The foam pad provides pressure, even in the hard-to-reach areas.

Dual-zone compression relieves swelling on both sides of the hand

## Best suited for:

- Persistent swelling
- Quick refill
- Firm fibrosis
- Slow improvement from compression

# Norton Hand Solutions - nighttime

• Custom system include: 1 padded device, 1 padded glove, 1 removal band, Instructions for Use, and 1 storage bag.



Item#	Description
NHSCG	Norton Hand Solution Shell and Custom Glove
NHSCGOP	Norton Hand Solution Shell and Custom Glove with Open Palm



PDAC Verified <sup>1</sup>

Nighttime Glove A6521



<sup>1</sup> Code usage should be verified by responsible parties in accordance with all published guidelines.

Scan for  
Measuring and Care  
Instructions



In partnership with





medi

# Norton Hand Solution

inelastic compression system

*Instructions For Use*

Learn more!



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S O L U T I O N S<sup>®</sup>

medi. I feel better.

# Application

1



1a



2



3



3a



3b



4



4a



4b



4c



4d



5 & 6



6a



\*Removal

7



8



9



10



11



12



## Final Removal & Storage Steps

13



14



\* At the end of this Directions for Use booklet, you can find an alternative removal method to the one pictured here, where the compression device may be removed as a complete unit rather than as separate pieces.

# Norton Hand Solution

## inelastic compression system

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### Intended use

The compression system is intended for individual patient use to provide hand compression to manage edema. The padded device consists of an adjustable reel and cable system shell outer layer with a foam padding inner layer used to control and distribute gradient compression to the dorsum, palm, and finger web space areas of the hand. The gradient compression glove component applies mild compression to the fingers and further serves as a padded protective barrier between the hand and device components.

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### Indications

- Lymphedema
- Dependent edema
- Other forms of edema

### Contraindications

- Severe Peripheral Arterial Disease
- Uncontrolled Congestive Heart Failure
- Septic Phlebitis
- Phlegmasia Cerulea Dolens
- Untreated infection
- Any circumstance where increased venous and lymphatic return is undesirable.

### Storage instructions



Store in a dry place



Keep out of direct sunlight

### Cautions

- Mild to Moderate Peripheral Arterial Disease
- Impaired Sensation - must be able to sense applied pressure
- Intolerance to material(s)
- Pediatric & assisted use - must be able to sense & communicate applied pressure
- The device is intended for sedentary or limited activity use in the home and

healthcare environments. Do not use while engaging in any activity where your or other's safety relies on unrestricted use of your hand(s) or where contact with the device could cause harm to you, others, or damage property. Do not use while operating a vehicle, machinery, or other equipment where your or other's safety relies on unrestricted use of your hand(s). Do not use during water activities, e.g., bathing, swimming, etc..

•The device cables should not rest in contact with the sides of the hand or wrist when properly sized and applied. Discontinue use of the device and contact your provider if cable contact cannot be resolved.

### Disposal



The system and components can be disposed of in household waste. No special criteria for disposal apply for medical compression systems.

### Components

- 1 padded device
- 1 padded glove
- 1 removal band
- 1 storage bag
- instructions for use

### Care Instructions

#### Glove

• Launder as needed. Machine wash warm, tumble dry on low heat. Included storage bag may also be used as a wash bag.

#### Shell & reels

• If the device shells or reels become soiled, gently wipe the exterior with a slightly damp cloth and air dry. The exterior can also be wiped with a light application of hospital-grade disinfectant, such as 70% isopropyl alcohol solution if needed. It is not recommended that the device shells and reels be placed in a washer or dryer unit.

# ENGLISH

## Pad

• Use of the glove should limit the need to frequently launder the pad. Should the pad become soiled, it can be removed by completely loosening the reels and cables so that the plates are separated as much as possible and then gently pulling the pad away from the corner edges of the device shells to disengage the hook & loop attachments. To extend the pad life, hand wash warm, remove excess water with a towel, and air dry. Alternatively, machine wash warm and tumble dry on low heat. Once dry, reattach the pad ensuring the device shells are correctly aligned with the indentation guides on the pad.

**Do not iron, dry clean, wring, or bleach any of the components.**

## Material Composition

**Shell:** 100% Polyurethane


**Pad Foam:** 100% Polyurethane


**Pad Exterior:** 88% Polyester, 12% Elastane

**Glove Interior:** 92% Nylon, 8% Elastane


**Glove Exterior:** 80% Nylon, 20% Elastane


 **latex free**


 Hand wash warm


 Do not bleach

 Drip dry

 Drip dry or flat dry

 Do not iron

 Do not dry clean

 Do not wring

**Hand wash and air-dry garment to extend life of garment.**

## Wearing recommendations

• This compression system functions by providing support to the skin without elastic fabrics. Each reel represents a zone of pressure, with a distal-most zone nearer the fingers and a proximal zone nearer the wrist. Following entry into the finger ports tension each zone until mild pressure is felt, making the distal zone slightly firmer than the

proximal zone establishing the compression gradient. Avoid over tightening the device.

Apply the minimum amount of compression needed for edema maintenance and reduce compression levels further when sleeping.

• The compression system should be comfortable and never hurt. In the event of pain, numbness, burning, cramping, tingling, or other sensations, loosen the compression system immediately. If the symptoms are not relieved after loosening the compression system, remove it completely. If the symptoms are not relieved shortly after removing the compression system, consult with a health care professional.

• If skin reactions are experienced from use of the compression system, immediately remove it, and consult a physician.

• Remove jewelry and ensure open wounds are properly dressed before donning the compression system.

• Remove the compression system daily for proper hygiene and care.

• Intermittently launder the compression system and ancillaries as often as needed. It is not recommended to launder the device shells in a washer or dryer.

• Limb must be dry. Applying unmedicated talcum powder on the skin before putting on compression system may help prevent moisture build-up and keep the compression system in place without irritation.

• Avoid pressing your fingernails into the compression system to avoid damaging components.

• The device is not intended to be worn directly on the hand without the glove to provide a padded protective barrier and finger compression. Ensure the device is properly sized and applied over a glove in a manner where the shells and cables do not directly engage the hand and rest comfortably on the pad. Discontinue use of the device and contact your provider if cable contact cannot be resolved.

**Application**

1. When first removed from the package, the device cables will be fully retracted into the reels. To open the device, turn each reel counterclockwise until it clicks. Gently pry the shells away from each other to loosen the cables from the reels. (1-1a)

**TIP:** Open only as far as necessary to insert the gloved hand. If the reels do not release the cable, simply turn the reel again counterclockwise to disengage.

2. Inspecting the pad connection is not critical and in some areas of the shells it will not be connected due to the shell contours. Please revert to the placement inspection instruction below, which is critical to proper application and avoiding cable contact: Inspect the top and bottom shell placements to ensure they are properly aligned with the exterior pad indentations.

**NOTE:** If the pad is not positioned properly, gently pull the pad away from the shell and readjust. Make sure to peel the pad away from the corner edge of the shell for easy removal.

3. Don the glove to apply compression to the fingers and to provide padding to the hand, then secure it by fastening the wristband or by fastening the lateral hook closures for the open palm glove option. (3-3b)
4. Slide the device onto the hand. Insert the fingers into the pad finger ports, continue to slide them through the ports until the finger web spaces rest against the pad and are comfortably compressed. Ensure that the thumb protrudes out of the curved shell side of the device and is free from any cable contact.

• Inspect the cable positioning. Ensure that the cables with tubing are properly positioned between the index-middle fingers and the ring-pinky fingers. The remaining cables should cross over the sides of the hand and wrist and not engage the hand. (4-4d)

5. Begin applying the initial compression by slowly turning the reel nearest to the fingers clockwise until a mild comfortable compression is felt on the top of the hand and palm. Repeat using the second reel near the wrist. Before continuing to the final step, ensure the device is squarely positioned on the hand and the pad finger ports are resting against the finger web spaces. (5-5a)
6. Apply final compression by slightly turning each reel clockwise, beginning with the reel closest to the fingers, to subtly increase compression and establish gradiency. When adjusted properly, the compression in the first reel zone closest to the fingers should feel slightly firmer around the knuckles compared to the second reel zone near the wrist. Flex the fingers to check the fit and compression levels. The ideal feel includes thorough comfort and support from web spaces to the wrist, with no loss of basic hand function (making a fist, flexing the wrist). Reinspect the cable positioning to ensure the cables with tubing between the fingers are resting on the pad and the remaining cables cross around the sides of the hand and wrist without engaging the hand. (6-6a)

**NOTE:** Avoid over tightening the device. Apply the minimum amount of compression needed for edema maintenance and reduce compression levels further when sleeping.

If discomfort and/or localized edema around the device periphery is experienced, tension may be too firm. To re-establish comfort, turn each reel counterclockwise until it clicks and then make a fist. This will instantly release the cable tension. Follow by turning the reels clockwise until mild pressure is felt.

**TIP:** After the first few initial applications and when the appropriate mild tension levels have been established, mark the final positions of the two cables above the thumb relative to the top shell cable exits using a light colored gel pen or metallic permanent marker. For quicker re-application, tighten the reels until the cable marks return to the cable exit positions. Always check the fit and fine tune the tension levels to the appropriate feel as the final cable positions may slightly vary with each application.



## Instructions for Removal & Storage

### Removal Option 1: With Removal Band, Glove Only

7. To remove the compression system, start by turning each reel counterclockwise until it clicks.
8. Then, make a fist. This should provide an instantaneous release of pressure and cable slackening.
9. Gently pull/push the pad layer to slide the device off the hand.

**TIP:** Use gentle and slow movements to avoid pad detachment from the shells.

10. Detach the glove wristband, roll it back, and attach it to itself, ensuring that you avoid hook contact with the skin.

11. Attach the removal band to the fingers on both the top and bottom.

12. Pull the removal band to smoothly remove the glove.

### Final Removal & Storage Steps

13. Separate the removal band, glove, and device.
14. To store the device long-term, retract the cables by turning the reels clockwise until the cable slack returns to each reel. Wrap the removal band around the device and fasten the end to secure.

**TIP:** The device may be stored with the glove and removal band in the included storage bag (by following the alternative removal method that is listed below) for easier re-application until cleaning is needed.

### Alternative Removal Option: With Removal Band, Glove and Device

- To remove the glove and device together, start by turning each reel counterclockwise on the device until it clicks.
- Then, make a fist. This should provide an instantaneous release of pressure and cable slackening.
- Detach the glove wristband, roll it back, and attach it to itself, ensuring that you avoid hook contact with the skin.
- Attach the removal band to the fingers on both the top and bottom.
- Pull the removal band to remove the glove and device as a singular unit.

**NOTE:** The device should be stored in a dry, temperate place out of sunlight.



# Compression for Lymphedema

## Referral Form – send to preferred Compression Dealer ready-to-wear



Date: \_\_\_\_\_

Clinic Name: \_\_\_\_\_

Patient Name: \_\_\_\_\_

Therapist Name: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ ICD-10 Code: \_\_\_\_\_

Physician Signature: \_\_\_\_\_

NPI #: \_\_\_\_\_

Refills: \_\_\_\_\_

Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Printed Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### Upper Extremity

Affected Limb:  Left  Right  Bilateral

Enter quantity of desired style in blank space.

compression:  15-20mmHg  20-30mmHg  30-40mmHg

#### mediven products:

harmony glove \_\_\_\_\_ gauntlet \_\_\_\_\_ arm sleeve \_\_\_\_\_

comfort arm sleeve \_\_\_\_\_






compliance aids arm butler \_\_\_\_\_ gloves \_\_\_\_\_

#### circaid® products:

circaid reduction kit arm sleeve \_\_\_\_\_ hand wrap \_\_\_\_\_

trimmable glove \_\_\_\_\_ head & neck \_\_\_\_\_ nighttime vest \_\_\_\_\_

circaid juxtafit arm sleeve \_\_\_\_\_ hand wrap \_\_\_\_\_

SAND	CARMEL	JAVA	MAGENTA	BLACK
				




#### circaid profile nighttime

foam arm sleeve no hand \_\_\_\_\_

foam arm sleeve with hand \_\_\_\_\_

#### energy oversleeve color\*

indicate quantity under color choice

MIDNIGHT	MAGENTA	BLUE GIRAFFE
		

### Lower Extremity

Affected Limb:  Left  Right  Bilateral

Enter quantity of desired style in blank space.

compression:  15-20mmHg  20-30mmHg  30-40mmHg  40-50mmHg

#### circular-knit products:

knee \_\_\_\_\_ thigh \_\_\_\_\_ waist \_\_\_\_\_ other \_\_\_\_\_

compliance aids leg butler \_\_\_\_\_ gloves \_\_\_\_\_ butler off \_\_\_\_\_

#### circaid products:

circaid reduction kit whole leg \_\_\_\_\_ lower leg \_\_\_\_\_ knee \_\_\_\_\_ upper leg \_\_\_\_\_ trimmable toe caps \_\_\_\_\_

lobe \_\_\_\_\_

circaid juxtafit whole leg \_\_\_\_\_ lower leg \_\_\_\_\_ upper leg w/ knee \_\_\_\_\_


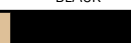
circaid juxtalite HD lower leg \_\_\_\_\_

circaid foot options juxtalite afw \_\_\_\_\_ pac band \_\_\_\_\_

juxtafit premium afw \_\_\_\_\_ juxtafit premium interlocking afw \_\_\_\_\_

customizable interlocking afw \_\_\_\_\_

\*sold separately

BEIGE	BLACK
	




#### circaid profile nighttime

foam lower leg sleeve \_\_\_\_\_

foam whole leg sleeve \_\_\_\_\_

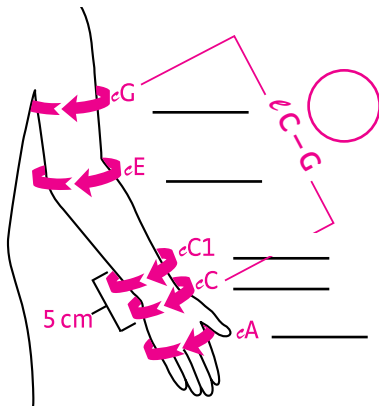
#### energy oversleeve color\*

indicate quantity under color choice

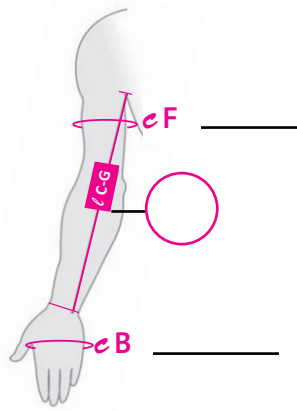
MIDNIGHT	MAGENTA	BLUE GIRAFFE
		

# Arm measurements: measurements in cm

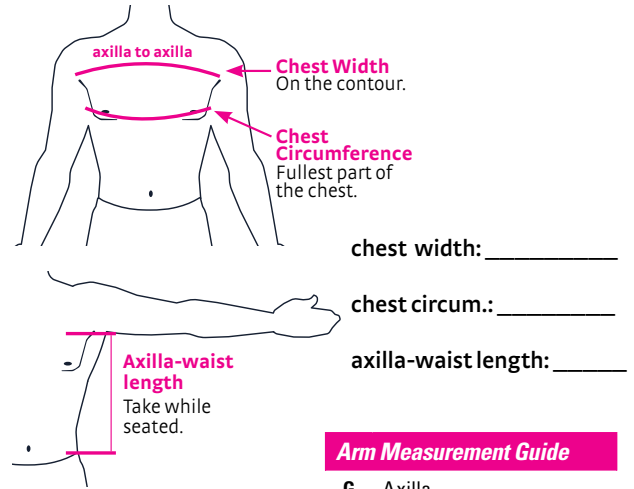
## mediven & profile



## circaid reduction kit arm



## circaid reduction kit vest

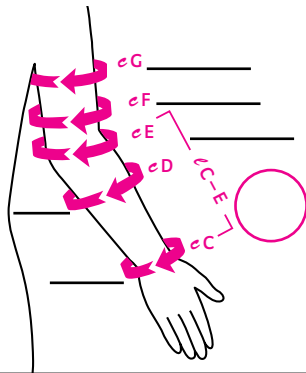


chest width: \_\_\_\_\_  
 chest circum.: \_\_\_\_\_  
 axilla-waist length: \_\_\_\_\_

### Arm Measurement Guide

G	Axilla
F	Midpoint of E and G
E	Elbow crease
D	Midpoint of C and E
C1	5cm above C
C	Wrist
B	Base of thumb webbing
A	Base of little finger
ℓ = length	
c = circumference	

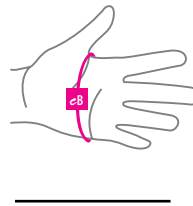
## circaid juxtafit arm



## mediven harmony hand

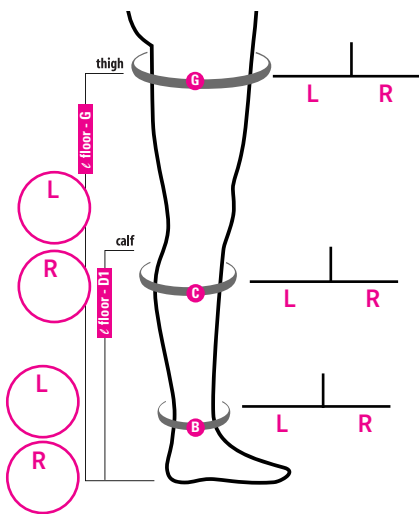


## circaid juxtafit hand / reduction kit glove

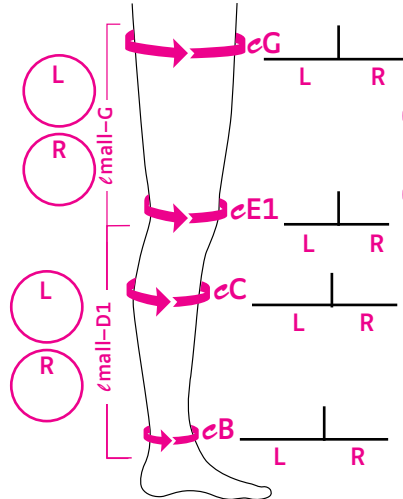


# Leg measurements: measurements in cm

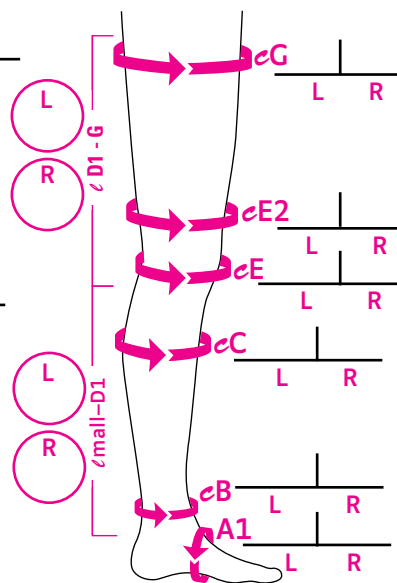
## mediven & profile



## circaid juxtafit whole leg



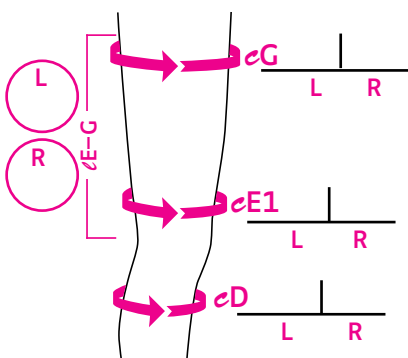
## circaid reduction kit leg



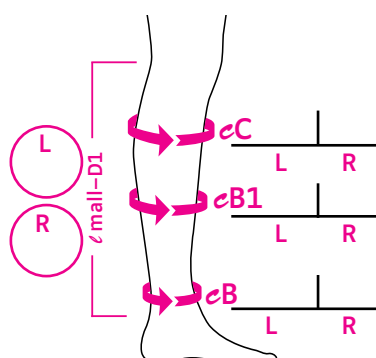
### Leg Measurement Guide

G	Groin
F	Mid-thigh
E2	15cm above E
E1	5cm above E
E	Center of patella
D1	Knee crease
D	Slightly below knee
C	Widest part of calf
B1	Between ankle and widest part of calf
B	Narrowest part of ankle above malleolus
A1	Middle of foot
A	Ball of foot
Y	Diagonally around heel over widest part of top of ankle
Z	Heel to base of great toe
mall	Center of malleolus
ℓ = length	
c = circumference	

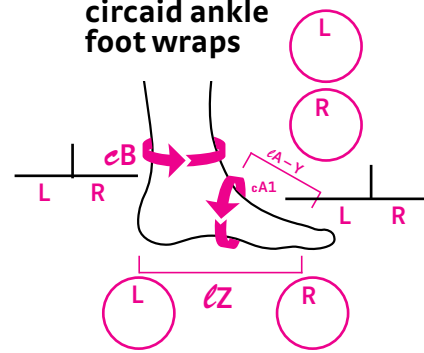
## circaid juxtafit upper leg with knee



## circaid juxtafit or juxtalite HD lower leg



## circaid ankle foot wraps



## circaid reduction kit toe cap

