

SOLARIS
FREEDOM TO LIVE



Caresia[™]
MANUFACTURED BY SOLARIS

Off-the-Shelf Bandage Liners

Table of Contents

- 2 Contact Information
- 3 About Caresia
- 4 Upper Extremity Garments
- 6 Lower Extremity Garments
- 8 Donning Instructions
- 10 How to Order, How to Measure, Care Instructions
- 11 Comparative Study of Multi-layer Bandaging Protocols

Caresia™

MANUFACTURED BY SOLARIS

Caresia garments are off-the-shelf bandage liners that simplify and enhance standard bandaging techniques. They eliminate all of the under layers of traditional bandaging, reducing your patients' stress while saving you and your patient time.



Why Choose Caresia?



Reduce time spent bandaging¹ and leave more time for Manual Lymphatic Drainage.



Jump start the initial lymphatic system with unique foam-chip particles that encourage gentle tissue stretch and pressure differential.



Help break up tough fibrotic tissue¹ while remaining gentle on delicate skin.



Evenly disperse irregular pressures to prevent compression hot-spots.

MCP to Axilla
CR-UE-BG

Simply slide on Caresia and bandage over top with short-stretch bandages. Bandages not included.

See page 11 for

¹ Comparative Study of Multi-layer Bandaging Protocols (2012)

Conducted by Christine Heim, MD, Director of the Dr. Vodder Akademie Walchsee; Wittlinger Lymphedema Clinic

Comparative Study of Multi-Layer Lymphedema Bandaging Protocols
Christine Heim, MD, Director of the Dr. Vodder Akademie Walchsee; Wittlinger Lymphedema Clinic
Written by Solaris staff

Background
Multi-layer lymphedema bandaging provides compression that is a key element during the active / intensive phase of therapy^{1,2}. When paired with Manual Lymphatic Drainage, compression proves to be one of the most effective treatment options^{1,2}. Dr. Heim of the Dr. Vodder Akademie Walchsee and Wittlinger Lymphedema Clinic conducted a comparative study and product evaluation with 20 patients who were previously treated at the renowned Wittlinger Lymphedema Clinic. Statistics are based on one criteria: the introduction of the Caresia bandaging protocol.

Objective
The goal was to determine Quality of Life improvements resulting from a single change in treatment protocols using Caresia bandage liners in place of standard multi-layer bandaging. These factors included fit, Bandaging time, Mobility, Effect on Fibrosis, Skin Tolerence and Acceptance³.

Highlights

- 38%** of participants reported feeling the fit was better using Caresia
- 41%** of participants reduced bandaging time with Caresia
- 34%** of participants fibrosis was further reduced with Caresia
- 46%** of participants had greater skin tolerance using Caresia
- 43%** of participants tolerated 24/7 bandaging protocols better with Caresia

Conclusions
A significant number of participants experienced improvements in five of the six Quality of Life factors during the Caresia protocol. As patient Quality of Life is an important consideration, Caresia may be a preferred treatment option during the active phase of therapy.

"Me and most of the therapists and patients believe that Caresia is an enrichment in the treatment of lymphedema, especially if the patients have fibrotic changes."
Dr. Christine Heim, Director of the Dr. Vodder Akademie Walchsee; Wittlinger Lymphedema Clinic

References

- International Society of Lymphology. "Manual Lymphatic Drainage and Intensive Lymphedema Bandaging." *Journal of Lymphology*. 2003; 26(1): 1-10.
- International Society of Lymphology. "Manual Lymphatic Drainage and Intensive Lymphedema Bandaging." *Journal of Lymphology*. 2003; 26(1): 1-10.
- Wittlinger Lymphedema Clinic. "Manual Lymphatic Drainage and Intensive Lymphedema Bandaging." *Journal of Lymphology*. 2003; 26(1): 1-10.
- Wittlinger Lymphedema Clinic. "Manual Lymphatic Drainage and Intensive Lymphedema Bandaging." *Journal of Lymphology*. 2003; 26(1): 1-10.
- Wittlinger Lymphedema Clinic. "Manual Lymphatic Drainage and Intensive Lymphedema Bandaging." *Journal of Lymphology*. 2003; 26(1): 1-10.
- Wittlinger Lymphedema Clinic. "Manual Lymphatic Drainage and Intensive Lymphedema Bandaging." *Journal of Lymphology*. 2003; 26(1): 1-10.

Approved and determined by the duration of time each participant engaged the protocol.

Upper Extremity Garments

MCPs to Axilla CR-UE-BG



- Provides full arm coverage from the *metacarpals* to the axilla, and allows for individual finger wrapping.
- Distal end comfortably cradles the hand.
- Left / Right specific design improves contouring of the arm.

Bandage over the top to apply compression. Bandages not included.

Wrist to Axilla CR-UE-CG *not pictured*

- Provides full arm coverage from the *wrist* to the axilla.
- Designed to give clients the option of wearing a glove or gauntlet separately (combine with a Caresia Glove or Gauntlet for seamless coverage of the hand).
- Left / Right specific design improves contouring of the arm.

Bandage over the top to apply compression. Bandages not included.



Glove / Gauntlet CR-UE-AC / CR-UE-BC

- Addresses swelling and tissue induration, as well as post-surgical swelling.
- Unilateral design can be worn on both left and right hands.
- Choose Gauntlet style to retain full digit functionality.
- Individual digit spacers come standard.

Bandage over the top to apply compression. Bandages not included.

MCPs to Axilla CR-UE-BG

All sizes in centimeters

MCPs to Axilla		Arm Length: 56 – 61		
Description	Palm Girth	Wrist Girth	Biceps Girth	Item Code
Small (<i>Left / Right</i>)	15.0 – 19.0	13.5 – 16.0	20.0 – 30.0	CR-UE-BG-X-S
Medium (<i>Left / Right</i>)	19.0 – 23.0	16.0 – 22.0	30.0 – 40.0	CR-UE-BG-X-M
Large (<i>Left / Right</i>)	23.0 – 28.0	22.0 – 28.0	40.0 – 50.0	CR-UE-BG-X-L

Wrist to Axilla CR-UE-CG

All sizes in centimeters

Wrist to Axilla		Arm Length: 45 – 50		
Description	Wrist Girth	Biceps Girth	Item Code	
Small (<i>Left / Right</i>)	13.5 – 16.0	20.0 – 30.0	CR-UE-CG-X-S	
Medium (<i>Left / Right</i>)	16.0 – 22.0	30.0 – 40.0	CR-UE-CG-X-M	
Large (<i>Left / Right</i>)	22.0 – 28.0	40.0 – 50.0	CR-UE-CG-X-L	

Glove / Gauntlet CR-UE-AC / CR-UE-BC

All sizes in centimeters

Glove		Length: 24		
Description	Palm Girth	Wrist Girth	Item Code	
Small	15.0 – 19.0	13.5 – 16.0	CR-UE-AC-S	
Medium	19.0 – 23.0	16.0 – 22.0	CR-UE-AC-M	
Large	23.0 – 28.0	22.0 – 28.0	CR-UE-AC-L	
Gauntlet		Length: 18		
Description	Palm Girth	Wrist Girth	Item Code	
Small	15.0 – 19.0	13.5 – 16.0	CR-UE-BC-S	
Medium	19.0 – 23.0	16.0 – 22.0	CR-UE-BC-M	
Large	23.0 – 28.0	22.0 – 28.0	CR-UE-BC-L	



Lower Extremity Garments

Thigh CR-LE-DG

- Covers the thigh area from the inferior patella to the groin.
- Tapered design provides coverage of the patella, while allowing for greater range of motion.
- Combine with a Caresia Below Knee for full leg coverage.

Bandage over the top to apply compression. Bandages not included.



Below Knee CR-LE-AD

- Open toe style covers from the toes to the inferior patella.
- Shapes to the unique contours of the foot to provide greater flexibility.
- Large variety of sizes accommodates your clients' needs.
- Combine with a Caresia Thigh for full leg coverage.

Bandage over the top to apply compression. Bandages not included.



Foot CR-LE-AB

- Addresses swelling and discomfort in the foot.
- Closed toe style provides full coverage of the foot.
- Sold individually.

Bandage over the top to apply compression. Bandages not included.

Thigh CR-LE-DG

All sizes in centimeters

Short			Thigh Length: 23 – 28		
Description	Groin Girth		Item Code		
Small	45.0 – 65.0		CR-LE-DG-S-S		
Medium	65.0 – 85.0		CR-LE-DG-S-M		
Large	85.0 – 99.9		CR-LE-DG-S-L		
Average			Thigh Length: 28 – 33		
Description	Groin Girth		Item Code		
Small	45.0 – 65.0		CR-LE-DG-A-S		
Medium	65.0 – 85.0		CR-LE-DG-A-M		
Large	85.0 – 99.9		CR-LE-DG-A-L		
Tall			Thigh Length: 33 – 38		
Description	Groin Girth		Item Code		
Small	45.0 – 65.0		CR-LE-DG-T-S		
Medium	65.0 – 85.0		CR-LE-DG-T-M		
Large	85.0 – 99.9		CR-LE-DG-T-L		

Below Knee CR-LE-AD

All sizes in centimeters

Short				Calf Length: 35 – 41			
Description	Ankle Girth		Calf Girth		Item Code		
Small	22.0 – 28.0		30.0 – 40.0		CR-LE-AD-S-S		
Medium	28.0 – 34.0		40.0 – 52.0		CR-LE-AD-S-M		
Large	34.0 – 40.0		52.0 – 62.0		CR-LE-AD-S-L		
Average				Calf Length: 41 – 47			
Description	Ankle Girth		Calf Girth		Item Code		
Small	22.0 – 28.0		30.0 – 40.0		CR-LE-AD-A-S		
Medium	28.0 – 34.0		40.0 – 52.0		CR-LE-AD-A-M		
Large	34.0 – 40.0		52.0 – 62.0		CR-LE-AD-A-L		
Tall				Calf Length: 47 – 53			
Description	Ankle Girth		Calf Girth		Item Code		
Small	22.0 – 28.0		30.0 – 40.0		CR-LE-AD-T-S		
Medium	28.0 – 34.0		40.0 – 52.0		CR-LE-AD-T-M		
Large	34.0 – 40.0		52.0 – 62.0		CR-LE-AD-T-L		



Foot CR-LE-AB



All sizes in centimeters

Foot			
Description	Foot Length	Ankle Girth	Item Code
Small	20 – 25	22.0 – 28.0	CR-LE-AB-S
Medium	25 – 30	28.0 – 34.0	CR-LE-AB-M
Large	30 – 35	34.0 – 40.0	CR-LE-AB-L

Donning Instructions

Caresia bandage liners must have short-stretch bandages applied over the top to achieve compression. Additional donning instructions can be found in the Caresia user guides included with each garment.

Arm	
Step 1	Step 2
<p>Fold the upper portion of the Caresia over the lower portion. Slide the folded garment onto the hand and then lower arm.</p>	<p>Unfold the garment onto the upper arm and adjust to ensure the outer seam follows the top of the arm. Starting at the palm, apply short-stretch bandages.</p>
	

Hand	
Step 1	Step 2
<p>Slide the Caresia over the hand. Adjust for comfort.</p>	<p>Starting at the palm, apply short-stretch bandages snugly over the Caresia.</p>
	

Below Knee	
Step 1	Step 2
<p>Gently fold the upper portion of the Caresia over the lower portion and slide it over the foot and calf.</p>	<p>Gently unfold the garment over the calf. Starting at the ankle, apply short-stretch bandages snugly over the Caresia.</p>
	

Thigh

Step 1

Gently slide the Caresia over the knee and onto the thigh. Adjust for comfort.



Step 2

Starting at the knee, apply short-stretch bandages snugly over the Caresia.



Foot

Step 1

Gently slide the Caresia over the foot. Adjust for comfort.



Step 2

Starting at the ankle, apply short-stretch bandages snugly over the Caresia.



Below Knee & Thigh

Step 1

Slide the Thigh garment over the thigh, then slide the Below Knee garment into place.



Step 2

With the Below Knee and Thigh garments overlapping, begin applying short-stretch bandages at the ankle.

