

Instructions for the use of IGS Instant Grip Socks

IGS Instant Grip Socks are a new Finnish invention for the prevention of slipping. They are easy to use, breathable and flexible. The socks can be used on all indoor floor surfaces, including the shower and other wet surfaces. The product is made of environmentally friendly material that can be recycled for energy. The Instant Grip Socks create strong friction between the patient's feet and the floor.

When dressing the patient, roll the sock up foot - do not pull.

Selection of IGS Instant Grip Sock

Choose the appropriate sock size based on the user's shoe size. If there are swelling, sutures or ulcers on the foot, simply go up one size. You can stretch the sock out at points of swelling, sutures or ulcers as required by cutting holes in the mesh structure. The mesh will not come apart beyond the cuts made.

Dressing

- 1 Start by placing the tip of the rolled sock at the toes.
- 2 **Continue by unwrapping the sock** towards the heel - **do not pull**.
- 3 **Roll the sock open towards** and over the ankle by gently stretching the sock with your thumbs.
- 4 Level the sock's mesh structure by "rubbing" it on the foot, at the same time checking that the sock is not too tight at the toes.
NB! Avoid straining the mesh structure at the heel and avoid tight layers at the ball of the foot and ankle.

Cutting

- 5 If the user's feet are swollen or there are ulcers or stitches, the sock can be widened by cutting. Raise the mesh off the skin and cut at the chosen locations.
NB! Always leave at least 2 cm of intact material at the sock stem in order to keep the sock in place.
- 6 To wash toes in the shower, you can cut approximately 5 cm of the sock horizontally at the lower part of the ball of the foot.
- 7 Flip the tip of the sock under the foot and after washing turn it back into place.

Undressing

- 8 Remove the socks by rolling from the cuff of the sock down towards the tip. This way the socks are rolled and ready for re-use.

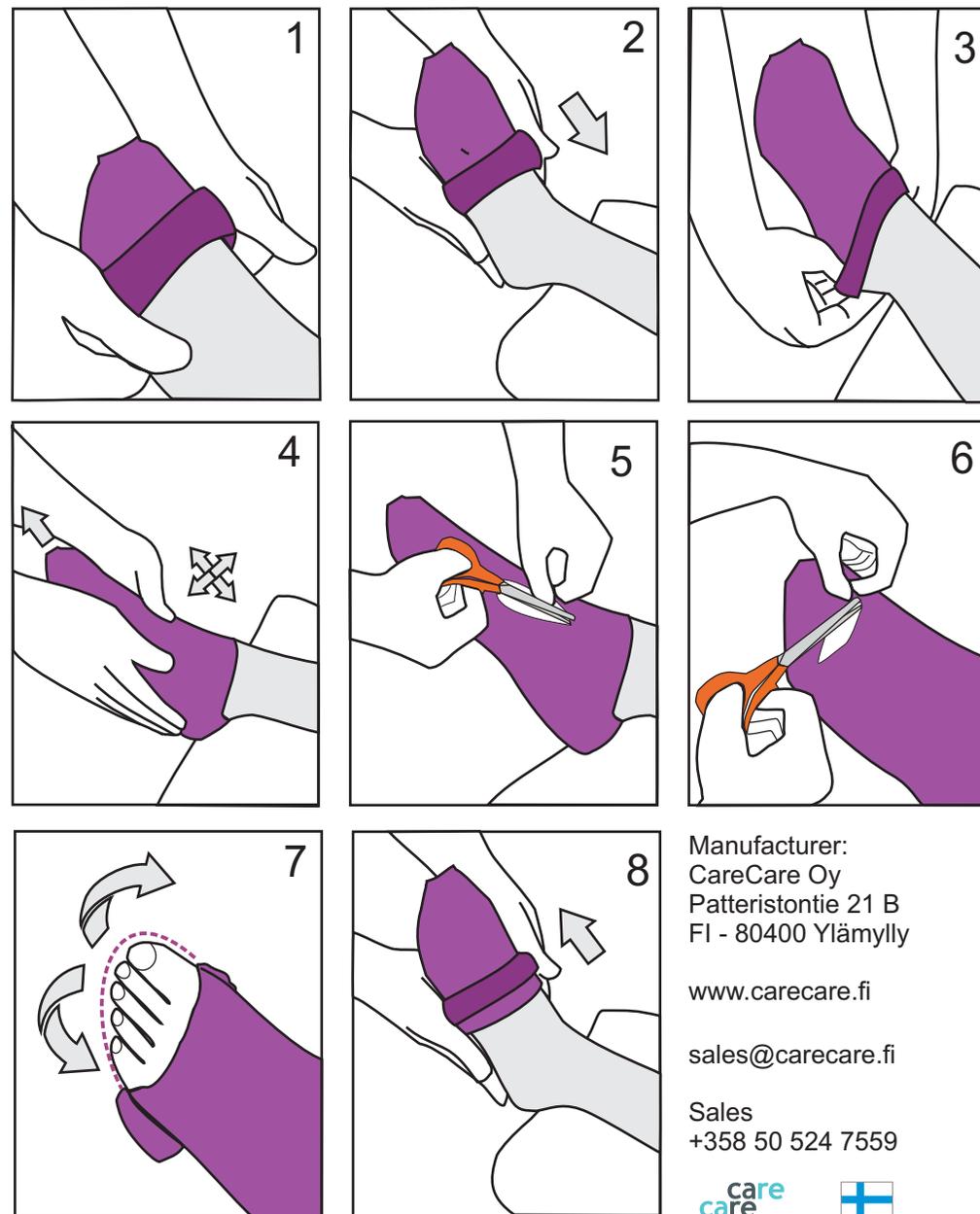
Technical Data

CareCare IGS - Instant Grip Sock

Size: **XS** (33-36), **S** (36-39), **M** (39-42), **L** (42-45), **XL** (45-47), **XXL** (47-49)

Material: SEBS 

Recycling: Utilised by burning to produce energy Medical Device, Class 1 



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Videoguide: [www.carecare.fi/Products/CareCare IGS](http://www.carecare.fi/Products/CareCare%20IGS)

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