

## Lymed Well-being Product – Instructions for Use and Care

**Lymed Sport™** products are suitable for a wide range of sports for both elite athletes and dedicated recreational users. Pressure and compression garments designed for sports are intended to be worn before, during, or after performance.

**Lymed Well-being™** products are intended for everyday use to support well-being. A pressure garment may help the user recognise postures that place strain on the body and support a sense of body control by reminding the wearer to return to a natural posture.

The user experience is individual and may vary between users. If you have a medical condition or are unsure about the suitability of the product, consult a healthcare professional before use. The products are designed for daily use and may be worn as needed.

### Before first use

- The product must be washed before first use. The feel of the product may change during the first washes as the fabric structure settles.
- Ensure that your personal identifier is indicated on the product information label attached to the product.

### Use

- Wear the product directly against the skin or over lightweight undergarments.
- When using skin care products, ensure that they are fully absorbed or dry before donning the Lymed product.
- Do not apply fragrances or textile treatment agents to the product. Chemicals and cosmetic products may reduce the product's service life.
- The product may be used in water, provided that it is washed as soon as possible after use.

### Donning instructions

More detailed donning instructions are available at: [www.lymed.fi](http://www.lymed.fi). Donning a Lymed product requires time and proper technique. Avoid forceful pulling or stretching, especially at the seams. An incorrectly donned product may feel uncomfortable or appear to be the wrong size.

- Allow sufficient time for dressing. Remove sharp jewellery and ensure that nails are smooth and short. Open any fastenings before dressing.
- Position the product gradually without pulling at the seams. More extensive garments may be turned partially or fully inside out and rolled into place gradually.
- Close fastenings and ensure edges are correctly positioned. Check that anatomical shapes and joint areas are correctly aligned and that seams are not twisted. Smooth out any wrinkles. The product is correctly positioned when the smoother and flatter side of the seam is against the skin.

### Care and washing instructions

Follow the washing instructions to maintain product properties and prevent premature wear. The product is recommended to be washed after each use to maximise durability. Hand washing is not recommended.

- Machine wash at 40°C, normal cycle
- Wash inside out in a laundry bag. Close zips, hook-and-loop fastenings, and hooks before washing.
- Use a mild detergent without fabric conditioner or bleach. Avoid fabric softeners and bleaching agents.
- Line dry, dry flat, or tumble dry at low temperature. Do not wring when wet. Do not dry in direct sunlight, on a radiator, in an oven, or in a microwave.
- Do not iron or steam.
- Wash with similar colours (colours may fade or transfer).

### Product service life, condition monitoring and safe use

The service life of the product depends on use and care. Replace the product if elasticity decrease, fit changes, material becomes worn or damaged.

The product is personal – do not share it with others. Ensure that the product is not excessively tight or uncomfortable and use it according to these instructions. Discontinue use and, if necessary, consult a healthcare professional if you experience pain or significant discomfort, numbness or tingling or skin reactions (e.g. redness, irritation).

### Materials

Lymed materials do not contain natural rubber, nickel, or other commonly known allergens. Refer to the product information label for product-specific fabric composition. Depending on the product model and selected features, the product may also contain silicone, metal, or plastic.

### Storage and disposal

Store the product in a dry place, protected from sunlight, at room temperature.

The product may be recycled as textile waste or disposed of with household waste in accordance with local regulations.

Information regarding warranty conditions and repair services is available from your Lymed distributor.

### Manufacturer:

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