



Patient Guide

This leaflet provides you with information for using the Bio Compression System.

Bio Compression Systems are Gradient Sequential Pneumatic Compression devices for the treatment of lymphoedema, venous and arterial insufficiency. This is an automated pump that pushes air into channels built into the garment, worn by you.

The systems available are:

- SC-2004-OC (4 chamber)
- SC-2008-OC (8 chamber)
- SC-3008-DL (digital 8 chamber)

How does the Bio Compression System work?

The device works by using prescribed pressures of compressed air set by your clinician to inflate and deflate the garment. Its purpose is to help increase blood flow and move excess fluid away from the affected areas of the body.

It's been designed so you can deliver sequential graduated compression treatment in your own home.

What are the benefits of this treatment?

- Pain reduction
- Improved mobility
- Improved blood and lymph flow
- Promotion of wound bed healing
- Reduced risk of infection
- Reduction in limb volume

Before commencing treatment, ensure you don't suffer from any of the following:

- Non-stabilised congestive cardiac failure
- Deep vein thrombosis
- Inflammatory phlebitis or episodes of pulmonary embolism
- Infection in the limb, including cellulitis without appropriate antibiotic coverage
- Presence of cancer unless for palliative care
- Tachycardia
- Other indications as identified by your clinician

How often should I use the Bio Compression System?

Your clinician will advise on the frequency of use, but at first you may be recommended to use the machine once in the morning and once in the evening, until the oedema is under control.

How do I need to prepare for the treatment?

Before your treatment, find a comfortable chair or sofa where you can support your limb(s) during treatment. Always wear thin clothing such as leggings, pyjamas or a thin long sleeved top. Avoid clothing with thick seams such as jeans, or heavy wool jumpers. It is fine to wear any lymphoedema compression wear whilst using the pump and garment.

For more information on how to use the device visit our website www.hrhealthcare.co.uk where you can view our application videos.

How do I set up and use the device?

Plug in the device. The connecting cables attached to the garment will have a latch connector. This needs to be squeezed at the sizes and attached to the pump. The numbers on the latch connector need to be lined up with the numbers on the pump. Pull the garment over the affected limb(s) and sit comfortably. When ready, turn the device on and wait for the garment to inflate to the prescribed pressure. This should only take a minute or so.

Can I sleep in the garment?

Never plan to sleep overnight whilst using the device as there is a danger of too much fluid being returned to the body. Use for a maximum treatment time of up to one hour, unless other instructed by your clinician.

How do I deflate the garment?

If you are using the SC-2004-OC or SC-2008-OC you will need to turn the pump off manually at the 'Power On/Off' button. You will need to wait for the light on the switch to go out before deflation begins.

If you are using the SC-3008-DL your pump will power down in two ways:

1. After treatment is complete. This can vary between 10 and 120 minutes, depending on how you set the pump up
2. You press the "Power On/Off" button whilst the pump is running

How do I remove the garment?

Wait one minute following deflation to remove the garment, then squeeze the latch connector and pull outward to detach the garment from the pump. When ready, unzip the garment all the way to the bottom and remove from limb(s).

How do I clean the pump and garment?

The pump can be kept clean by using a household damp cloth.

The garment can be kept clean by regular cleaning with anti-bacterial wipes, or a damp mildly disinfected cloth.

How should I store the device?

The pump can be stowed away in a cupboard. The garment should be gently folded, ensuring not to kink the connective cables. It should be kept out of direct sunlight and heat sources.

Who should I contact if I have any concerns?

If during the treatment there are any changes to your medical condition, contact your Clinical Support Specialist from H&R Healthcare.

Alternatively you can contact our Customer Service team at customerservices@hrhealthcare.co.uk or 01482 631606 who will put you in touch with the relevant representative.