

6. When the wash cycle is complete, the items will still be very wet – handle them carefully.
7. Proceed to drying instructions below.

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## Drying Your TheraTogs

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The garment is very vulnerable when it is wet. **Do not hand-wring or twist the systems dry, or you will damage the foam layer.**

### Hand-Drying Your TheraTogs

1. Press the water out of the garment by gently pressing the garment to the side of the container. Do not wring out or twist the material while it is wet.
2. Place one piece of the garment on a towel. Roll the garment up in the towel and press the water out of the garment.
3. Drape on drying rack foam side up, or place on flat surface foam side up with a dry/clean towel underneath.

See below for additional drying instructions and suggestions.

### Machine-Drying Your TheraTogs

In cases where the TheraTogs system is not completely dry prior to use, you can use your dryer to dry and soften the garments.

1. Follow machine directions to set your dryer settings for either:
  - q Damp Dry (Tumble Press) – 20 minutes low heat period on Timed Dry cycle.
  - q Air Fluff cycle – heat free cycle for drying items that can be damaged by heat. Uses ambient temperature for either a timed period, or automatically senses reduced moisture.
2. Load and dry your TheraTogs garments per the settings above. **DO NOT INCLUDE FABRIC SOFTENER OR ANTI-CLING SHEETS.**
3. Remove from dryer when cycle is completed and lay flat (foam side up) until cool enough to wear or to hang up for future use.
4. Do not clip, pin, or clamp the garments, or you might permanently damage the foam layer.

## Product Care Instructions

TheraTogs garments are made of a patented, unique fabric that combines the elasticity and rebound of a spandex-nylon material with a delicate foam surface with a chamois-like feel. The key properties of the fabric – the uni-directional stretch, the Velcro® hook receptivity and durability, and the grip of the foam layer – are all critical elements in making your TheraTogs system work properly.

Proper care of your TheraTogs garments is critical to continued long term use, so please pay close attention to the specific wearing, washing, and drying requirements provided below!

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## When Wearing Your TheraTogs...

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The foam side of TheraTogs garments will absorb liquids and lotions that may be on the skin.

- § Please do not use any lotions that contain fragrance or oils.
- § Saliva is salty and acidic; if the wearer salivates excessively, wash the affected garment(s) or components more frequently.
- § Perspiration is salty and acidic; if the wearer sweats excessively, or is wearing TheraTogs in a very warm environment, reduce the amount of wear time, and wash the affected garment(s) or components more often.

If you find the garments “stretching out” and not recovering to normal size, this is usually caused by rinsing or washing the garments too infrequently.

The foam side of the garments is delicate; fingernails and other sharp objects can cut, dent, or “ding” the foam. If this occurs, don’t worry: the product is still usable, as long as the wear-and-tear on the foam side doesn’t prevent it from gripping the skin effectively. When the fabric stops gripping, the TheraTogs system stops working.

**If the foam decomposes or peels off, please contact Customer Service.**

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## Washing Your TheraTogs

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The proprietary water-based urethane foam on TheraTogs garments is *hydrophilic* – meaning it “loves water.” The foam is an open-celled honeycomb design that makes it breathable – but this design also makes it possible for the foam to collect foreign substances and become ‘clogged’, much like the lint collector on a dryer.

Exposing TheraTogs garments to urine, drool, excessive sweating, or other food liquids (like juice or milk) will clog the foam’s pores, reduce its grip characteristics, and cause the foam to degrade. If you don’t wash the garments adequately, the build up of sugars, proteins, residual detergent, or acids will destabilize the foam layer, which will begin to ‘break down’ and flake off.

Over a recent twelve-month period, our Quality Control team analyzed garments returned under warranty. Their results indicated that in many cases, significant

amounts of concentrated urine or salty by-products were present in the returned fabric. A large amount of detergent residue was also found in over 60% of the returned products. As a result:

**IF YOU DON'T WASH YOUR THERATOGS CORRECTLY, AND/OR DON'T WASH THEM OFTEN ENOUGH, THIS MAY VOID YOUR PRODUCT WARRANTY.**

Follow these key steps to adequately wash and rinse the TheraTogs garments:

- § Use large amounts of fresh warm water
- § Use a very small amount of detergent
- § Apply gentle agitation during washing
- § Completely rinse detergent from the garment
- § Completely remove water from the garment.

### Detergent Guidelines

Not sure if your detergent is feasible to use? Here's a partial list of detergents which did not contain brighteners, fragrances, or softeners at the time of this publication:

20 Mule Team Borax	Country Save Powdered Detergent	OxiClean Baby Stain Remover
Allen's Naturally Powdered & Liquid Laundry Detergents	Ecos Free & Clear Liquid Laundry Detergent	Planet Ultra Powdered Laundry Detergent
Arm & Hammer Essentials Free	EnviroRite Laundry Detergent	Seventh Generation - Free & Clear
Bio-O-Kleen Liquid Laundry Detergent	Lifekind Naturally Safer Triple Concentrated Laundry Powder & Liquid	Sun and Earth Deep Cleaning Laundry Detergent
Charlie's Soap	Mountain Green Free and Clear	Trader Joe's Cleanliness is Next to Godliness
Country Save Liquid Detergent	Nellie's Laundry Soda	Woolite (For Delicates, All Fabrics, HE)

The listing of detergents above is provided for your reference, and is not an endorsement of any product by TheraTogs. Material Safety Data Sheets (MSDS) can be requested from product suppliers. For the most current list of products and product contents, see the *Household Products Database: Health and Safety Information* at <http://householdproducts.nlm.nih.gov>.

### Washing & Drying Tips

When garments are wet, the foam layer is very vulnerable. Some tips and reminders:

- § Do not nick the foam with your finger nails.
- § Do not catch the foam on rough surfaces when hang drying or flat drying.
- § For best results, hang the wet TheraTogs on a wooden drying rack (or sweater drying system) with the foam side up.
- § Do not s-t-r-e-t-c-h the material out while drying.
- § Do not clip, pin, or clamp the garments, or you might permanently damage the foam layer.

### Hand-Washing Your TheraTogs

The recommended method for washing TheraTogs (garment & strapping) is hand washing, using the following steps:

1. Fill a sink or container with 10 gallons of warm water.
2. Add no more than one tablespoon of detergent to the water.
3. Remove all the Velcro tabs from the garments.
4. Submerge garments in the water, holding them under water with both hands.
5. Gently move your hands and the garments in the water to release air bubbles and to simulate the agitation provided by a top loading washing machine.
6. Do not scrub the foam on foam, or the blue material on blue material.
7. Provide agitation for five minutes or more to release and dissolve salts, sugars and other residue that may be trapped in the structure of the foam.
8. Drain "dirty" water from the container.
9. Without wringing out garment, add 10 gallons of fresh warm water.
10. Agitate for two to four minutes and drain.
11. Proceed to drying instructions below.

### Machine-Washing Your TheraTogs

In cases where stains are not removed by hand washing, or when stains are severe, machine washing may be used. A top loading or energy efficient washing machine may be used. The following procedure is recommended for both garments and strapping.

1. Follow machine directions to set your wash settings as follows:
  - Medium sized load
  - Warm/cold wash temperature
  - Gentle/knit/delicate cycle (max 8 minutes)
2. Add no more than **ONE TABLESPOON** of recommended detergent or wash with water only.
3. Start the machine and add detergent. **DO NOT ADD ANY OTHER CHEMICALS, ADDITIVES, OR SOFTENERS.**
4. Remove all Velcro tabs from garments and strapping, and add garments to the machine.
5. Do not wash with other clothing.