

Arion application aids: make applying and removing your hosiery easier

If your healthcare professional (HCP) has recommended compression hosiery for the long-term management of your limb condition, it is essential that you wear it as advised to maintain any positive results achieved and to prevent your condition from worsening.

For your compression garment to work as well as it can, it must:

- Fit snugly on your leg
- Be applied correctly each time you wear it so that it can apply even pressure to the affected area of your limb.

However, applying compression hosiery can sometimes be challenging, especially if you have reduced hand strength or dexterity due to conditions like arthritis. Unfortunately, many people stop using their hosiery over time because of these difficulties, which can negatively impact their health.

Do you struggle with application or removal of your compression hosiery?

If you're finding it hard to put on (donning) or take off (doffing) your hosiery, there are things you can do:

1. Talk to your HCP

They can explore options such as alternative styles of hosiery or special features, such as a zip, which may help



2. Think application

Consider using an application aid as they can help to simplify the process of applying compression for you or your caregiver.

Arion application aids can help to simplify your daily routine

Arion application aids from Arion Slide Solutions, use innovative design and features to make applying and removing your compression garment easier. Whether you apply your hosiery by yourself or receive help from a caregiver, using an Arion application aid is simple but very effective at make your daily application routine much easier.

Learn more about Arion application aids

How do Arion application aids work?

Arion application aids are crafted from a specially coated, smooth material that:

- Has unique glide properties that helps your compression hosiery to slide easily over your skin
- Minimises friction during application of your hosiery, reducing the risk of damaging fragile skin or disturbing wound dressings during application.

Together, these features simplify the process, ensuring that both you and/or your caregiver can apply or remove your hosiery with ease.

Which Arion application aid is best for me?

When selecting the best Arion application aid for you, consider:

1. Your hosiery type

The type of hosiery you wear can influence how the applicator is removed from beneath your hosiery once used.

Do you use:

- Open toe
- Closed toe
- Tights
- Thigh-length
- Below-the-knee?

2. Your needs:

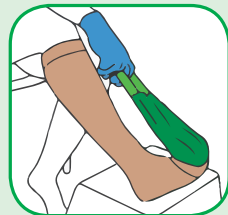
- Do you need help with putting on or taking off your garment, or both?

In summary, it is essential to choose the right applicator for your hosiery type and individual needs. Your HCP can provide guidance, and you can also find some advice on which Arion application aid might be suitable for you on the next page.



Benefits of using an Arion application aid

- Reduces risk of skin damage; which is particularly important if you have sensitive, fragile or wounded skin.
- May contribute to a longer garment lifetime by preventing damage to the fabric from fingers and nails.
- Helps to maintain the hosiery shape and structure for longer by avoiding stretching and tugging during application.



Arion Magnide® is specially designed for individuals using open-toe or closed-toe compression hosiery

- **Unique sliding properties:** Magnide® helps to reduce friction, making it easier to slide hosiery over the limb
- **Magnetic system*:** This takes the work out of donning your hosiery by helping it glide smoothly over your skin. This can be especially helpful over the heel area, which can be challenging.

Arion Magnide® 2 in 1 helps application and removal of compression stockings and tights with a closed toe.

By reducing the effort needed when applying your hosiery, **Arion Magnide® and Magnide 2-in-1** can really take the struggle out of your daily routine.

**Magnide® does contain magnets so caution is needed if the user has a pacemaker.*



Please use your phone to scan the QR code for instructions on how to use **Magnide®**



ARION Easy-Slide

The Arion Easy-Slide® is designed for use by anyone who finds applying open-toe compression garments difficult

- **Streamlining application:** The unique, smooth material of Easy-Slide® allows hosiery to glide effortlessly over the foot and up the leg
- **Open-toe design:** Removal of your application aid is easy through your open-toe garment. Simply pull your Easy-Slide® from the front of the foot once your hosiery is applied and in place.

ALSO AVAILABLE FOR ARMS

The Arion Easy-Slide® arm application is also available to help simplify applying and removing your compression armsleeve.



Please use your phone to scan the QR code for instructions on how to use **EasySlide®**

Frequently asked questions and answers

How do I assemble my Arion application aid for use and storage?

You will receive a user's guide with your application aid. This contains a QR code that is linked to a video that will show you how to use your product. You can also scan the QR code below to see how to assemble both Magnide® and Easy-Slide®.

Please scan the QR code for more information on assembly



How do I clean and care for my Arion application aid?

Your Arion application aid should be cleaned from time to time either by hand washing with warm water or using disinfectant wipes. Do not use any fabric conditioner and very little detergent. It should not be put into a washing machine or cleaned too frequently as this is bad for the slide coating. Allow the applicator to air dry on a flat surface and do not tumble dry as this will also damage the material.

The application loop is broken and/or the side seams have torn

This damage results when the loop has been pulled too hard, at too high an angle, and/or in the wrong direction. If this happens, your aid will no longer work and will need replacing.

Can I share my Arion application aid?

For hygiene reasons, your application aid should be used just by you. Your caregiver can use it to help you apply your compression, but it should not be used by anyone else.

When should I replace my application aid?

Your Arion application aid should last for six months to a year, depending on if it is used and maintained correctly. The more wear and tear your aid has the less crisp the fabric becomes. While your aid may continue to work, once the fabric feels as soft as a dishcloth, the slide properties will be lost and it will need replacing with a new one as soon as possible.

I struggle to pull my application aid out of my compression garment. Why is this?

Your Arion application aid may be too big, so it is creating extra friction and resistance on removal. It may be worth being remeasured to double-check that you have the right size of application aid. You can find the sizes available for both Magnide® and Easy-Slide® by scanning the QR code below.

Please scan the QR code for more information on sizes



Please contact our friendly customer care team on: **0800 195 0160**