



# Technical Highlight

## Machine-Washing TheraTogs

In most cases, stains and normal daily wear of the TheraTogs systems requires machine washing. A top loading or energy efficient washing machine may be used. The following procedure is recommended for both garments and strapping (remove all tabs and do not add additional items in the washer).

Follow machine directions to set your wash settings as follows:

Medium sized load

Warm/cold wash temperature

Gentle/knit/delicate cycle (max 8 minutes)

- ⇒ Add no more than ONE TABLESPOON of recommended detergent or wash with water only.
- ⇒ Make sure detergent does not contain brighteners, softeners or fragrances (see Detergent Guidelines)
- ⇒ Start the machine and add detergent.
- ⇒ DO NOT ADD ANY OTHER CHEMICALS, ADDITIVES, OR SOFTENERS.
- ⇒ Remove all Velcro tabs from garments and strapping, and add garments to the machine.
- ⇒ Do not wash with other clothing.
- ⇒ When the wash cycle is complete, the items will still be very wet - handle them carefully.

## 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.



Questions? Please contact Clinical Support

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