VASTEC®

COMPRESSION. COMFORT. CONFIDENCE.

MEDICAL-GRADE COMPRESSION STOCKINGS

Every step. Every day.
Naturally better.



ANTI-SLIP TECHNOLOGY

Silicone grip dots on the sole help improve stability and reduce the risk of slipping.



15–20 MMHG
20–30 MMHG

TOELESS DESIGN

ANTI-SLIP SOLE TECHNOLOGY

GRADUATED COMPRESSION

CLINICALLY INFORMED DESIGN

DESIGNED FOR TROPICAL CLIMATES.

MEDICAL-GRADE MATERIALS

PREMIUM. FUNCTIONAL. RESPONSIBLE.

DESIGNED FOR COMFORT. MADE FOR LIFE.

QUICK NAVIGATION

1 Product Overview >

2 SIZE GUIDE >

3 HOW TO MEASURE >

4 How To Wear >

5 SockAid® Tutorial >

6 Care Instructions >

7 Materials & Composition >

8 Benefits of Compression >

9 FAQs >

10 When to Replace Your Stockings >

11 When Not to Use Compression >

12 Contact & Support >

PRODUCT OVERVIEW

WHY PATIENTS CHOOSE VASTEC

- SUPPORTS HEALTHY CIRCULATION
- HELPS REDUCE SWELLING
- HELPS MANAGE VENOUS INSUFFICIENCY
- SUPPORTS LONG PERIODS OF SITTING OR STANDING
- DESIGNED FOR TRAVEL, WORK AND RECOVERY
- TOELESS DESIGN FOR COMFORT AND FLEXIBILITY
- ANTI-SLIP SILICONE SOLE TECHNOLOGY FOR ADDED STABILITY
- MEDICAL-GRADE MATERIALS FOR CLINICAL SUPPORT



SIZE GUIDE

1 WHERE TO MEASURE

Use a soft measuring tape.
Remove bulky clothing and measure directly on the skin for the most accurate fit.
Take all measurements in centimeters (cm).



cG Upper Thigh
Just below the gluteal fold.

cF Mid Thigh
At mid-thigh circumference (approx.)

cC Calf
Widest part of calf muscle.

cF Ankle
Narrowest part at the ankle point (ankle bone).

2 LENGTH MEASUREMENTS

Measure the length of your leg on the inside (medial) side.



iF Full Leg Length
From the gluteal fold to the floor.
This measurement is for Pantyhose, Thigh High and Antiembolic Stockings.

iD Knee Length
Measure from the floor up the inside of the leg to the center of the kneecap.

CIRCUMFERENCE (CM)

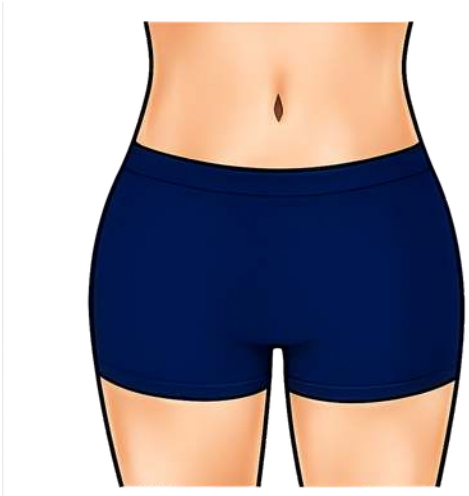
	S	M	L	XL	2XL	3XL	4XL
cB Ankle	19–22	21–25	24–29	28–33	32–37	35–40	38–43
cC Calf	29–34	33–40	39–47	45–53	50–58	55–63	60–68
cF Mid Thigh	40–48	46–56	54–64	62–72	70–80	78–88	86–96
cG Upper Thigh	43–50	50–60	58–68	66–76	74–84	82–92	90–100

LENGTH (CM)

iD Lower Leg Length	37–39	38–41	40-43	44–48	46–50	48–52
iF Full Leg Length	62–70	62–72	64–74	66–76	70–80	70–82

HOW TO MEASURE

3 HOW TO MEASURE - STEP BY STEP



1 Remove bulky clothing and measure directly on the skin for the most accurate fit.



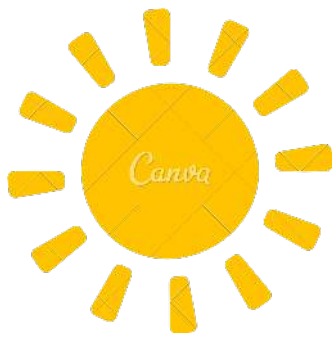
2 Stand upright with your weight evenly distributed on both feet.



3 Keep the measuring tape snug but not tight.



4 Do not pull the tape too tight. It should touch the skin but not compress it.



5 Measure in the morning if your legs are usually swollen.



6 Record all measurements clearly.

PRO TIPS

- Measure both legs and use the larger measurements to find your size.
- If your measurements fall between two sizes, choose the larger size.
- If you are close to the top of a size range, choosing the taller length may improve comfort.
- Re-check your measurements every 6–12 months or if your weight changes.

IMPORTANT



Do not guess your size. Proper measurement ensures optimal compression and comfort.



If you have any medical condition, consult your healthcare professional before use.

HOW TO WEAR

1 **Turn stocking inside out to heel.**



2 **Insert your foot into the toe section.**



3 **Position heel correctly.**



4 **Gradually pull up leg.**



5 **Smooth fabric evenly.**



6 **Ensure anti-slip sole lies flat against the foot.**



SOCKAID® TUTORIAL



1 **Open the SockAid sleeve and slide your foot through the opening.**



2 **Position the SockAid around the foot.**



3 **Pull the compression stocking over the SockAid and gradually work the stocking up the leg.**



4 **Once the stocking is positioned correctly, gently pull the SockAid out through the open toe.**

Benefits

- Reduces strain on hands and back
- Makes compression stockings easier to apply.
- Helps protect stockings from damage
- Ideal for reduced mobility, pregnancy, recovery and everyday use

CARE INSTRUCTIONS

HAND WASH ONLY



Hand wash in cool or lukewarm water



Mild detergent only



Rinse thoroughly



Lay flat to dry



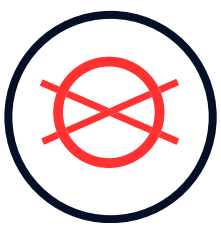
Do not bleach



Do not tumble dry



Do not iron



Do not dry clean



Proper care helps maintain the compression, fit and durability of your VASTEC garments.

MATERIALS & COMPOSITION

Nylon – Strength & durability

Lycra® (**Spandex**) – Stretch & recovery

Medical-grade elastic yarns – Consistent compression

Silicone anti-slip sole grips – Stability & safety

All materials are responsibly and sustainably sourced.

BENEFITS OF COMPRESSION

- Improves circulation
- Reduces swelling
- Helps reduce leg fatigue
- Supports recovery
- Helps manage venous insufficiency
- Provides graduated support all day



FREQUENTLY ASKED QUESTIONS

Q: How long should I wear them?

A: Wear as directed by your healthcare provider.

Q: Can I sleep in them?

A: Only if advised by your healthcare professional.

Q: Why are they toeless?

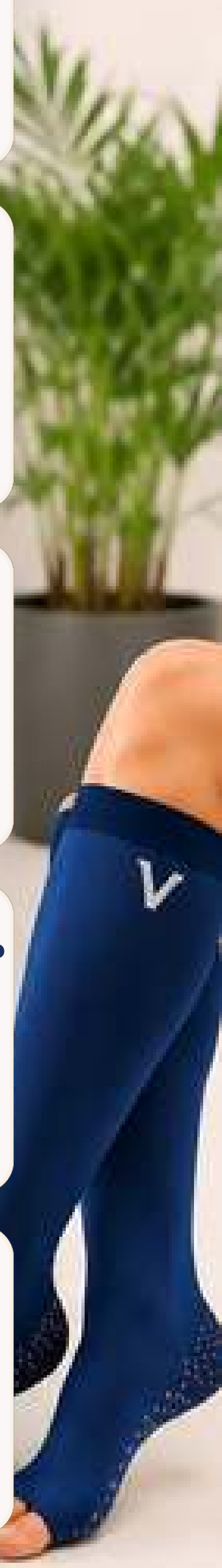
A: Provides comfort, flexibility and easier inspection of the toes.

Q: What is the anti-slip technology?

A: Silicone grip elements on the sole help improve stability while walking.

Q: Can I use SockAid with all VASTEC stockings?

A: Yes.



WHEN TO REPLACE YOUR STOCKINGS

REPLACE EVERY 4–6 MONTHS OR SOONER IF YOU NOTICE:

- Reduced compression
- Loss of elasticity
- Visible wear, tears or holes
- Persistent slipping
- Looseness or sliding down the leg

Worn-out stockings may not provide the support and benefits you need

WHEN NOT TO USE COMPRESSION WEAR

- Severe peripheral arterial disease (PAD)
- Severe heart failure
- Untreated or suspected DVT
- Active skin infection (cellulitis)
- Severe loss of leg sensation (neuropathy)

Use only under medical supervision.

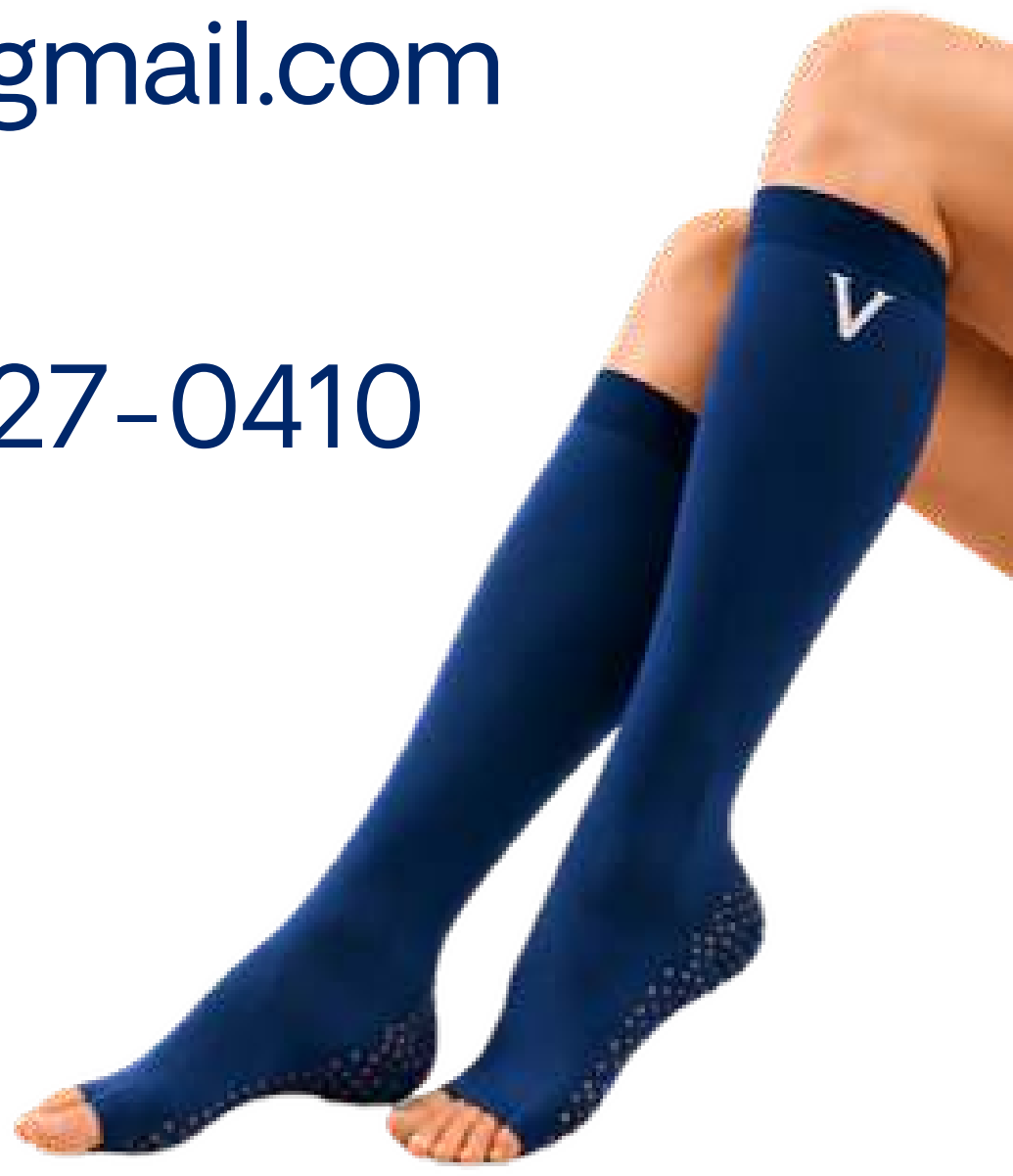
CONTACT & SUPPORT

We're here to help with sizing, product support and general enquiries.

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Thank you for choosing VASTEC.

We appreciate your trust.