

**JOBST®**

Feel lighter  
during your  
**Pregnancy**



**JOBST® Maternity**

Compression stockings to support  
your Pregnancy



# What to expect when expecting a baby

The feeling of becoming a mother is incomparable. As you enter this new and exciting stage of your life, filled with joy and pleasant anticipation, your body also begins to experience changes.

Expectant mums often find their skin gains a radiant glow and that their hair looks even

better. In addition to these welcome changes, your body also goes through hormonal changes that have a number of effects: **blood pressure and volume increases, your blood vessels become more permeable** and the major draining veins become more constricted.

Although increases in blood pressure and volume help

to nurture your growing baby they can result in **symptoms such as aching legs, swollen ankles and varicose veins**. While all of this is normal it can also be painful and might affect your daily routine when, for example, shoes no longer fit properly. The good news is, **these changes can be easily managed**.

## Stay Healthy!

### DID YOU KNOW ?

DURING PREGNANCY YOUR HEART BEATS FASTER AND YOUR BLOOD VOLUME INCREASES BY 20%<sup>1</sup>



<sup>1</sup>Stölin A., Phlebologie 2013; 42(06): 297, Schwangerschaft und Phlebologie, DOI: 10.1055/s-0037-1621843

\* Always check with your doctor about which form of exercise is most suitable for you during your pregnancy.

# A short introduction to Maternity Compression

**C**ompression garments can help to improve your well-being during your pregnancy so that you can get on and enjoy the important things in life.

Medical compression legwear helps to reduce swelling by increasing the pressure in the tissue under the skin. This provides support to your veins and

helps prevent them from becoming distended with blood. Plus, it can also help relieve vertigo and nausea.<sup>1</sup>

Compression stockings can also help prevent thrombosis, avoiding the need for additional medication - an important factor that reduces unnecessary burden on your baby.

**Compression stockings work by applying a precisely defined pressure on your leg. This 'gradient pressure' is strongest at the ankle and decreases in an upwards direction along the leg, which significantly improves circulation.**



## WHY USE

## MATERNITY COMPRESSION?

- ✓ Decreased swelling in feet and legs
- ✓ Relief from aching legs
- ✓ Less feeling of heavy and tired legs
- ✓ Less vertigo and nausea

## TRAVELLING

## WHILE PREGNANT?

Just because you're pregnant doesn't mean you can't travel, even if it means sitting for long periods. The middle of the third trimester is a good time to enjoy a vacation and compression garments will support you when your muscles aren't getting as much movement as usual. In addition, you should get up and walk around regularly and make sure that you drink a lot.



<sup>1</sup>Mendoza E, Amsler F (2017): A randomized crossover trial on the effect of compression stockings on nausea and vomiting in early pregnancy; Int J Womens Health. 2017 Feb 22;9:89-99. doi: 10.2147/IJWH.S120809. eCollection 2017. PMCID: PMC5328137, DOI 10.2147/IJWH.S120809.



# JOBST® Maternity Compression Garments

**S**pecially designed for pregnant women and based on thorough research, **JOBST Maternity**

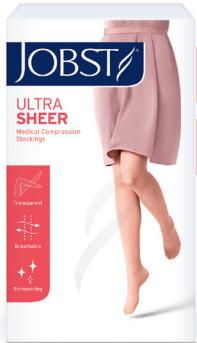
**Ultrasheer compression garments** are the perfect companion to support you during your pregnancy.



Use Jobst Maternity Ultrasheer compression garments to increase blood circulation and reduce swelling in the legs.



In addition to **Waist High** garments, they are also available in **Thigh High** and **Knee High** styles.



## THE STYLISH COMPRESSION STOCKING



Sheerness for beautiful legs



## Your pregnancy, Your Style

Even though you're pregnant you can still show your usual flair. **JOBST Maternity Ultrasheer compression garments** have been designed with your individuality and unique style in mind.

Available in **black and beige**, the compression garments can be paired with any outfit for a fresh look that's 100% you.



Allows air to pass



For a glossy look



Here to support  
You on Your  
**Happy  
Journey...**

... **EVERY STEP OF**

**THE WAY**

If you have any questions or want to know more about how JOBST products can support you during your pregnancy visit:

**[www.jobst.com](http://www.jobst.com)**

### **WE CARE FOR YOU**

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