



SWELL SPOTS™

MANUFACTURED BY SOLARIS

*Unique Designs,
Therapeutic Effects*

www.LymphedemaDepot.com

Swell Spots have come a long way.

Swell Spots began as mini-solutions to the big challenge of lymphedema. News spread, and hand therapists and other professionals now use them to meet a wide range of rehabilitation needs, such as problematic areas of swelling, tissue fibrosis, and countouring over and around bony prominences. Wherever there is a pocket of swelling, there is a Swell Spot to fit the job.

Swell Spots facts.

- Intended for individual use only.
- High performance fabrics are latex free.
- Machine wash and dry on permanent press settings with mild detergents
- Made in the U.S.A. by Solaris, Inc.
- Now available in Canada through Lymphedema Depot

Why do Swell Spots work?

1. Foam chips in Swell Spots create localized tissue pressure differentials to stimulate interstitial fluid movement, prevent stagnation and soften indurated tissue.
2. Foam chips in Swell Spots nestle into the tissue to create localized tissue stretch and pressure differential.
3. Tissue stretch opens up gap junctions drawing in excess interstitial fluids and waste products into the lymphatic system.

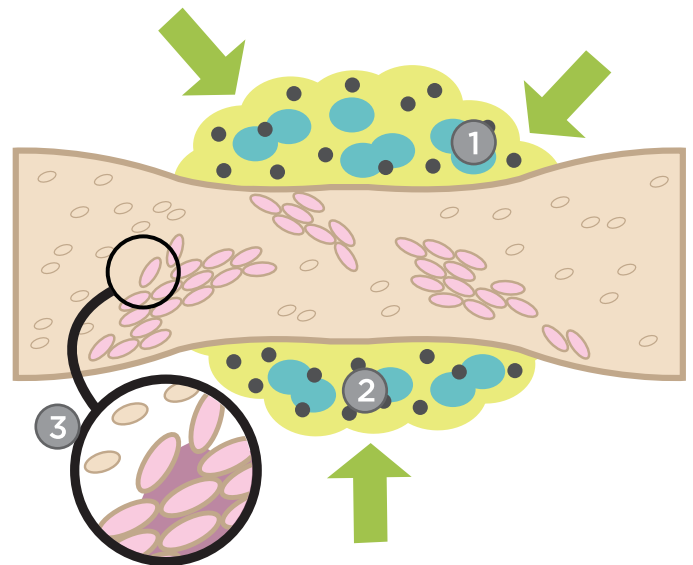


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Terms, Conditions and Warranties

Terms: Consumer direct orders must be prepaid by cheque, Visa, Mastercard, American Express or PayPal online payment service. Authorized reseller accounts are Net 30 days with credit application approval. A Canada Revenue Agency "BN" (business number, and/or GST registration number) is required in order to qualify for authorized reseller status. Lymphedema Depot will add a 1.5% late charge on the unpaid balance of overdue accounts. Lymphedema Depot will hold orders on wholesale customers with past due accounts. A \$40 fee applies to any dishonoured payment.

Pricing: Solaris and Lymphedema Depot publish pricing once a year. Our printed and distributed prices reflect cost at publication time. Prices are subject to change. All purchases are subject to 5% GST and Ontario consumers are also charged 8% PST on their purchases. Ontario reseller accounts must therefore be registered to collect Ontario PST.

Returns: Swell Spots may be returned if the garment is found to be defective within two weeks of delivery. Shipping & handling fees are non-refundable. Call Lymphedema Depot for a return authorization and return instructions.

Warranties: In an effort to keep prices low, Solaris does not warrant Swell Spots products.

■ Swell Spots



A. Curved Swell Spot

SP-01

Measures approx 5 cm x 12 cm

Primarily used for hard-to-accommodate areas, like the ankle and patella. Therapist feedback indicates that this little pad is also very effective when used under bandages around the elbow, for inferior breast scarring and to direct lymph flow around scars in any area of the body. Recently, this spot has been used behind the ear and around the eye.

B. Dorsal Swell Spot

Size: **Small**

SP-02-S

Measures approx 9 cm x 14.5 cm

Size: **Large**

SP-02-L

Measures approx 9 cm x 18 cm

Primarily designed for use on the dorsum of the hand or foot. This shell-shaped spot works well to address this stubborn area of swelling when used under low stretch bandages. Patients also find it easy to use, placing it under their edema glove or compression garment.



C. Palmar Swell Spot

Size: **Small**

SP-03-S

Measures approx 8.5 cm x 7 cm

Size: **Large**

SP-03-L

Measures approx 9.5 cm x 8 cm

Recently redesigned, the Palmar Swell Spot is primarily for use on the volar surface of the hand. This little spot works well under edema gloves and bandages. This is a great little pad to fit the concave shape of the palm. The new design makes this spot great for usage on the dorsum under compression gloves. Addresses lumpectomy scarring by tucking into a bra over the scar.

D. Oval Swell Spot

SP-04

Measures approx 8 cm x 19 cm

Versatile and easy to use, this simple multi-purpose design allows therapists to position the pad in many areas such as the axilla, inside hand splints, along the ulnar aspect of the forearm, and for labia swelling. Also suitable for any spot that just needs a little more pressure or has a problematic patch of fibrotic tissue. Therapists' reports indicate that it reduces fibrotic tissue and helps to remodel scars.



E. Katina Swell Spot

Size: **Small**

SP-05-S

Measures approx 10 cm x 38 cm

Size: **Large**

SP-05-L

Measures approx 18 cm x 42 cm

Originally designed by Katina Kirby, OTR/L, MS, CLT-LANA for use along the ulna. Now in two sizes. The tapered shape makes the Katina useful in treating many difficult areas, such as addressing the stubborn indurate tissue along the ulnar aspect of the forearm, along the IT band of the lateral thigh and padding the anterior surface of the calf. Create a muff by placing three Katina Spots in a tri-folded stockinette.

F. Sobol Swell Spot

Size: **Small**

SP-06-S

Measures approx 18 cm diameter

Size: **Large**

SP-06-L

Measures approx 23 cm diameter

Designed by Maria Sobol, PT, CLT-LANA to address post-mastectomy fibrotic tissue on the chest wall, especially that which is due to radiation or surgical incision scarring. Place a Sobol Swell Spot in a sports bra to position and add compression. Therapists report that the Sobol Spot is ideal for the hip, anterior-posterior knee and the abdomen when used under bandages or compression garments.



G. JoJu Swell Spot

SP-07

Measures approx 5 cm x 8 cm

Designed for the pocket of swelling found in the thenar web space, by Joanne Pickett, OTR and Judy Warnke, OTR. Patients are instructed to tuck the pad under their edema glove thumb seam to disperse pressure and encourage lymph drainage “along this sweet spot”. Judy and Joanne report that this little pad is perfect to soften scars from carpal tunnel surgery. “We use it wherever there is thick scarring or swelling for hand patients.”

H. Kimbe Swell Spot

SP-08

Measures approx 25 cm x 15 cm

Kimberly Brungardt, OTR, CLT-LANA, developed this pad to reduce the swelling over the scapula area. She tucks the pad into the shoulder and chest straps of her patient’s bra. The kidney-shaped design can be rotated around the shoulder area to address swelling, scarring and fibrosis in this hard to wrap area. Therapists report that the Kimbe Spot also works great for the inside area of the groin and around the neck.



I. Breast Swell Spot

Size: **Small**
SP-09-S

Approx A-B cup size

Size: **Medium**
SP-09-M

Approx C-D cup size

Size: **Large**
SP-09-L

Approx D-DD cup size

Designed specifically for swelling and fibrosis in the breast area after lumpectomy or reconstructive surgery. Size Small accommodates A-B cup sizes, size Medium accommodates C-D cup, and size Large accommodates D-DD cups sizes. The new sizing allows for swelling reduction.

J. Versi-Face Swell Spot

SP-10

Measures approx 26 cm x 17 cm

Originally designed for swelling around the eyes, a creative therapist pointed out that the unit can be placed under the chin to cover the neck, leaving space for a trachea tube or rotated 180° and positioned to cover the mandible and cheeks. For perfect definition, use thermoplastics to make a mold of the forehead, eye, nose, and upper cheek and mail it to us - we will trim the thermoplastics mold, and make an insertion pocket on the outside of the Versi-Face.



K. Thora-Thigh Swell Spot

SP-11

Measures approx 50 cm x 22 cm

Originally designed for asymmetrical chest coverage, we've taken it out of our custom line, put it into our standard production and reduced the price by half. Don't overlook this Swell Spot's full potential. When centered at the groin level and the two ends positioned to cover the medial thigh, it works wonders on radiation fibrosis and disperses the ending pressure of bandages or leg garments. This design can also be used at the ankle over skin-folds. Position the scoop at the anterior midline and wrap around the lower leg. Consider tacking this Swell Spot into a compression T-shirt to address trap swelling.



M. Crescent Swell Spot

Size: **Small**

SP-13-S

Measures approx 54 cm L x 6.5 cm H x 9 cm D

Size: **Medium**

SP-13-M

Measures approx 60 cm L x 6.5 cm H x 11 cm D

Size: **Large**

SP-13-L

Measures approx 71 cm L x 6.5 cm H x 12 cm D

Crescents, placed in skin folds, reduce maceration, odor and soften both the upper and lower lobules. Crescents used under bandages prevent migration and bunching for greater therapeutic outcomes. Use large Crescents to support lax abdominal tissue.



N. We'a Toe Swell Spot

Size: **Small**

SP-14-S

MTP circumference up to 22 cm

Size: **Medium**

SP-14-M

MTP circumference up to 25 cm

Size: **Large**

SP-14-L

MTP circumference up to 32 cm

Using our exclusive toe spacer design, We'a Toes offer comfort and individualize compression for each one of the toes. Patients must have flexibility to reach toes to don.



O. Labia Swell Spot

SP-15-F

Measures approx 30 cm x 50 cm

The Labia Swell Spot features a tapered design to enhance comfort while wearing and lower abdominal coverage to direct fluid away from the genital area. This Swell Spot may be worn inside or over underwear.

The Labia Swell Spot applies gentle compression on delicate tissue.

P. Scrotum Swell Spot

SP-15-M

Measures approx 30 cm x 50 cm

The Scrotum Swell Spot features a tapered design to enhance comfort while wearing and lower abdominal coverage to direct fluid away from the genital area. This Swell Spot may be worn inside or over underwear.

The Scrotum Spot is designed to gently cradle the scrotum. This design accommodates scrotal circumference up to 27 cm. Customization is available to accommodate other diameters. Call for more information.



Q. Lateral Bra Swell Spot

SP-16-A

Measures approx 10 cm x 16 cm

Designed to tuck inside compression bra pockets or to tuck into a patient's bra. The Lateral Bra Swell Spot reduces scarring and protects the delicate area from bra chest strap pressures.

R. Full Bra Swell Spot

SP-16-B

Measures approx 20 cm x 20 cm

Originally designed for the Bellisse Bra, therapists are having their patients tack them into sports bras with front openings.



S. LT Knee Shaper Swell Spot

SP-17

Patella girth range 35 cm - 65 cm

Designed by Bonnie Lasinski MA, PT, CI, CLT-LANA, this Swell Spot helps to contour and shape the knee, while protecting the delicate structures in the popliteal fossa.

Use at the knee or around a large elbow to pad bony prominences, diffuse bandaging pressure, and address tissue induration.

V. Ring Swell Spot

SP-18

Measures approx
54 cm L x 6.5 cm H x 9 cm D

Designed to fill the crevices at the ankle and wrist for better bandaging. Ring Swell Spots can also be used to treat post-surgical scarring after a hysterectomy.



T. Sweet Spot Swell Spot

SP-19

Measures approx 7 cm x 14 cm

Melissa Dettmer, MPT, CLT-LANA originally designed this Swell Spot to address residual and transient pelvic floor swelling in her pregnant/post-partum patient population. The Sweet Spot relieves discomfort, pain, and pressure from perineum swelling, labia swelling, and/or vulvar varicosities. The Sweet Spot is the size and shape of a panty liner for maximum comfort and can be worn inside, over, or between two pair of underwear. It features a one-sided non-skid surface to prevent repositioning with normal movement and is machine washable.

U. Tic-Tac Swell Spot

Size: **Small**

SP-20-S

Measures approx 18 cm x 18 cm

Size: **Medium**

SP-20-M

Measures approx 28 cm x 28 cm

Size: **Large**

SP-20-L

Measures approx 38 cm x 38 cm

This spot works well to address larger areas of fibrosis. Get creative and let us know how you will use this new design!



W. Custom Swell Spot

SP-00

No two patients are the same. As a result, Swell Spots may also be custom made by request. We invite therapists to be creative and submit their own Swell Spot ideas. If one of those Spots goes into production, Solaris gives the therapist the “naming rights” and that Swell Spot will be placed into our next catalog.

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