

TheraTogs Recommended Laundering Procedures:



**Recommended washing procedure (Machine Wash, Warm, Gentle):** Wash in a washing machine, largest load, warm wash, and gentle cycle. Please remove the tabs. Wash separate from other items of clothing. Machine washing ensures that copious amounts of water remove salts, oil and proteins trapped in the foam by releasing the air bubbles in the foam structure. Air bubbles are released via agitation, using warm water (40c) and large amounts of water. **Using detergent or soap will void the warranty of the product.** ❌



**Bleach or Hydrogen Peroxide when needed (refer to chart).** Pretreat system by pouring and soaking white foam stained areas with 3% hydrogen peroxide solution and soak for 10-15 minutes. A pretreat of bleach is also allowed: 2 ounces of 5% bleach solution poured on the foam side, soak for 10-15 minutes. Wash in the machine and add 1 cup (237 ml) of 3% hydrogen peroxide to the washing machine. **Using detergent or soap will void the warranty for the product.** ❌



**Dry Flat in Shade or Tumble Dry, Gentle, No Heat:** The gentle machine wash spin cycle will remove the majority of the water contained in the foam, reducing the need to wring water from the TheraTog. Air dry the TheraTog flat, foam side up. **Do not use clips or pins and avoid direct sunlight or direct heat on the foam side.** ❌

The white foam side is fragile when wet. Be careful to not ding/pit/pinch the foam side with fingernails, rough surfaces or rings when wet. Do not rub or scrub the foam side when dry or wet. Do not use baby wipe/disinfecting wipe on the foam.



**If a washing machine is not available: Hand Wash, Warm.** Add 10 gallons (37 liters) of **filtered** water to a smooth washing basin. Place the TheraTog into the water and gently squeeze the foam/fabric in the the water to release air bubbles. The foam will no longer look 'white.' Agitate water with hands to release dirt for 10-15 minutes. Drain the water and fill with fresh water and repeat. In the second fresh water wash, add hydrogen peroxide to the wash. Use a swirling, agitation motion. Place the wet TheraTog on a towel, roll the towel up and squeeze (no wringing) the water out. Dry flat in shade.

# TheraTogs Laundering Frequency Guidelines:



Wash in warm water, delicate cycle, lots of water. No detergents, no chemicals.

Pretreat with 3% Hydrogen Peroxide or 2 oz 5% Bleach. Wash in warm water, delicate cycle, lots of water.

Pretreat with 3% Hydrogen Peroxide or 5% Bleach. Wash in warm water, delicate cycle with 1 cup or 237 ml of 3% hydrogen peroxide. Wash again if stain persists.

On a weekly basis: wash with pretreat of hydrogen peroxide as well as addition of hydrogen peroxide to wash.

Wash every 3 days

Wash every 2 days

Wash every day

Pre-treat & Wash everyday

Pre-treat & Wash everyday

Remove immediately, Pre-treat & Wash with additional chemical. Rewash if stain persists.



Worn for 1-2 hours everyday

Worn for 3-4 hours everyday

Worn for 5-6 hours everyday

Worn for >6 hours everyday

Hot humid environment

Urine or feces stain

Stain from g-tube, drool, food

