

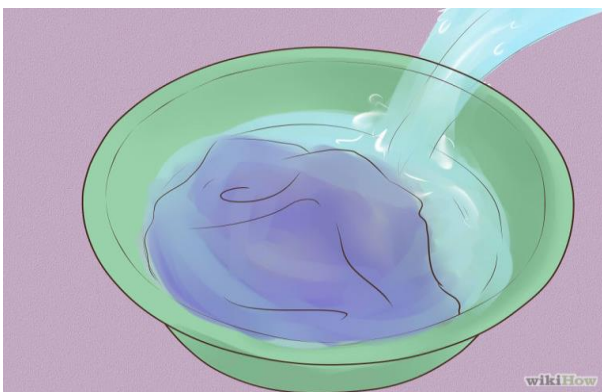
TIPS FOR CARING YOUR MEDICAL SCRUBS

You probably own fewer scrub sets than civilian clothing, but you probably wear those uniforms more often than any other article of clothing, which causes 'wear and tear' more quickly. Learn how to properly wash and care your scrubs so that they last longer, and look better as well!

Step #1.

Check the manufacturer's care instructions and select a **good detergent** that will not bleach your non-white fabrics.

Wash scrubs in the correct water temperature. Unless stated otherwise in the manufacturer's instructions. **Always wash your medical scrubs in cold water.** Cold water will help to trap the dye in the fabric. Warm water will cause the dye to leak, which will cause the fabric to fade.



Step #2.

Before adding scrubs, add 1/2 cup white distilled vinegar and detergent to the water. Vinegar will help to prevent "bleeding" of fabrics. It is also a great disinfectant; so you kill two birds with one stone.



Step #3.

Also, before putting your nursing scrubs in the washing machine, turn them inside out. This will help to protect them while they are going through the wash cycle.



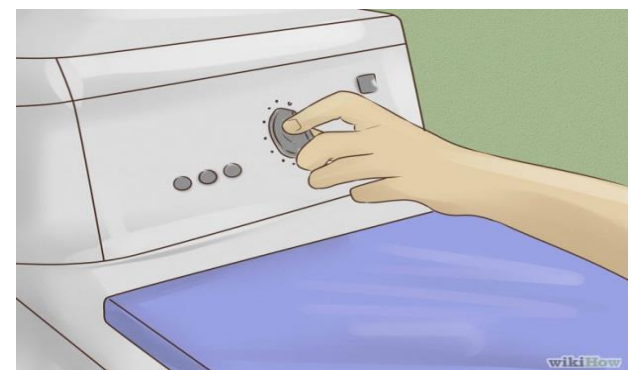
Step #4.

Avoid using hot water. In addition to shrinkage and fading of some fabrics, hot water may set stains that accumulated throughout the day.



Step #5.

Try to line dry your scrubs. If you must use the dryer, then put it on the lowest tumble dry setting your machine has. You want to minimize shrinkage.



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