



# Stretchwear Care Information

Proper care of your new uniforms will add life to the garment itself and keep your group perfectly groomed.

## GENERAL PRECAUTIONS

- Use clear deodorant.
- Do not apply hair spray, perfume, body spray, airbrushed makeup, etc. unless the garment is completely covered. The residue from these items will cause a build up that may eventually harm the fabrics, or at the very least cause them to lose their luster.
- Be cautious when applying makeup while in uniform. Makeup (foundation, bronzer, lipstick, etc.) can permanently stain a garment if left untreated.
- If a garment is damp from rain or perspiration: dry it thoroughly in an open area. Make sure the garment is fully dry before placing in any type of storage.
- Test was ONE garment before washing your entire order. (See Washing Instructions)
- Test garment for perspiration sensitivity. Wash immediately after extreme perspiration.
- Wear dress shields when perspiration is an issue.
- Do not store garments in plastic bags. Use plastic for transportation only. A nylon garment bag is a much better choice.
- Treat stains immediately, generally sponge with cold water. Stains may also be treated with an appropriate stain remover. (See the FJM Quick Reference Stain Guide)
- Spray and Wash and other non-chlorine stain removers may be used prior to washing.
- Take care of repairs as soon as possible.

## SPECIAL CARE FOR METALLIC/SEQUIN/FOIL FABRICS

- NEVER dry clean or iron sequin, stretch sequin, or laminate foil/foil dot fabrics.
- Always hand wash in cold water and lay flat to dry.
- DO NOT pull loose threads or sequins from sequined fabrics. The entire row of sequins could come loose. Sew loose threads and sequins to the backing.

## WASHING INSTRUCTIONS

- Always test one garment before doing an entire set.
- Always wash like colors together.

- If you have multiple colors, fabrics and textures on a uniform: hand wash garments separately, with cold water and a mild, non-chlorine detergent.
- If a garment is constructed with a dark and light color, it should be washed quickly and towel-dried immediately. FJM has no control over the fabric manufacturer's various dyeing processes. Dark color and light colors, if soaked, may bleed. Take special precaution with reds and black as these fabrics and tones tend to bleed the most. FJM is unable to accept responsibility for color migration.
- DO NOT dry clean.
- Use only non-chlorine detergent. Many detergents are harsh and have a bleaching agent that will cause even colorfast fabric to migrate. Woolite is typically your best choice for laundering.
- Do not overload the washer or dryer.
- TOWEL DRY FIRST: Place a towel inside the garment and on the outside. Press with your hands to take out excess water.
- FLUFF the garment for a few minutes on a cool setting. It is best to place a dry towel in the dryer with the garment for this step. DO NOT use a hot dryer as this will eventually destroy the elastic in stretch fabrics.
- Hang to complete the drying process.
- As a precaution, to set color and prevent bleeding, it is suggested to soak multi-color garments in salt water ( $\frac{1}{4}$  to  $\frac{1}{2}$  cup per wash load, depending on the load's size) or white vinegar water the FIRST time the garments are washed.
- Companies such as Rit Dye and Carbonna offer "dye magnet" products. These are used in the wash cycle to absorb excess dye and help prevent discoloration.
- If discoloration should occur, these companies also offer "color run remover" products to remove migrating color. Manufacturer's instructions should be followed when such products are used.

#### **LYCRA / STRETCH WEAR RECOMMENDED UNDERGARMENTS**

- If your auxiliary group is wearing a tightly-fitted uniform (i.e. unitards, bikertards, bodysuits with skirts, etc.) we recommend purchasing a heavy-duty lycra unitard to wear underneath. You should purchase the unitard one size smaller than the student's costume size to provide the student with an overall smoother look. If your costume is light in color we recommend a flesh tone bodysuit; if the costume is dark, you may use black.
- Proper undergarments are important in making the uniform look as visually stunning as possible. Advise your students of the proper undergarments to wear, and remember that a dress rehearsal is important to ensure that the costumes are right, and the students feel comfortable in them.
- Many dance shops and lingerie stores sell seamless bras and panties along with bras that have adjustable or clear straps. These work extremely well under lycra/stretch wear uniforms and prevent noticeable lines from showing! Males should take extra caution when choosing undergarments for performance wear; dance belts are always advised.
- Lingerie departments in stores also carry seamless body shapers that will hug the body, smooth out bumps, and help contour the student for a "perfect fit."

**FJM wants your performing group to look the best that they possibly can. We hope that these tips will help you.**

**Please contact our office at 1.800.444.3524 if you have further questions, comments, or concerns regarding the proper care for your performance wear.**