



## Compression Stockings

You have been fit with compression stockings. Unless otherwise instructed by your physician, they should be worn when out of bed.

### WEARING FOR THE FIRST TIME

The first few times you wear your compression garment you will notice the squeeze. Begin wearing your stockings gradually. Try wearing for just a few hours the first day and then increase the number of hours each day until you can wear them comfortably throughout the day while you are up and about. Be sure to check your stockings periodically and smooth out any wrinkles as the fabric may move during the day. Remove your stockings before going to bed.

### WEARING COMPLIANCE

It is important to wear your compression garments everyday or as directed by your physician. Compression stockings manage an on-going problem. When you remove your compression garment the condition responsible for your symptoms is still there. Failure to wear your stockings may cause your condition to become more severe.

### CARE

Wash gently with mild soap or detergent in lukewarm or cold water. Do not wring or twist. Rinse well until the water is clear. Roll in a towel to remove excessive moisture and dry flat away from heat and sunlight.

### HELPFUL HINTS FOR DONNING:

- Compression garments are easier to put on when you first get out of bed, before swelling occurs.
- Remove rings and jewelry that could damage your garment
- Use gloves (rubber or vinyl) to help position the garment on your leg
- Make sure your skin is dry before putting on your stocking
- Avoid rolling or bunching the fabric as this will create too much pressure in specific areas
- Apply a thin layer of cornstarch or powder to help the stocking (or sleeve) slide smoothly over your skin
- Apply moisturizer to your legs in the evening - not before putting on your garment

If you were given specific manufacturer care instructions for your stockings please be sure to follow the directions closely.

Do not hesitate to call the office with any questions or concerns.