

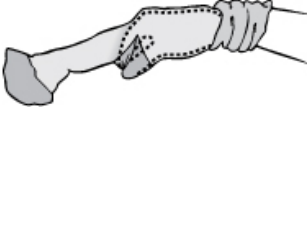
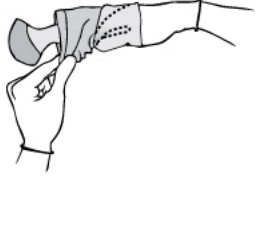
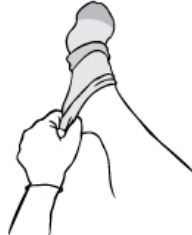
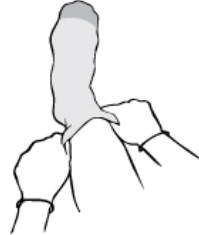
Medical Compression Garments Use and Care



- Given correct care your compression stockings should last 6 months with full time daily use.
- For hygiene reasons, once stockings are fitted they can not be returned.

TIPS FOR APPLICATION

- Apply the stockings as early as possible each day, when the leg size is at a minimum. If possible have a shower at night to avoid swelling in the morning.
- It is advisable to wear rubber gloves when putting on or taking off stockings. The gloves help grip the stocking, making application easier, and protect the material from fingernails and rings.
- The stockings are easiest to apply onto a dry leg. Sometimes it is helpful to brush your ankle area with talcum powder.
- Be careful not to pull the stocking in one long, stretching motion, apply in stages as per diagram
- Once applied, ensure that the stocking is free from wrinkles, folds or creases to avoid excessive localised pressure.
- Look at the stocking, and check that the material is spread evenly along the leg
- **Never** fold the top down if they seem too long. Contact us if your stockings need reviewing

			
1. Put hand inside stocking and grab heel	2. Pull stocking inside out down to the heel	3. Push onto foot until top edge is up to top of foot	4. Pull stocking up the leg

REMOVING YOUR STOCKING

Take hold of the top of the stocking, and pull it down to the ankle. Insert a finger between the stocking and the leg and stretch the stocking over the ankle. Slowly pull the foot of the stocking off the foot.

CARING FOR YOUR STOCKINGS

- Hand wash your stockings in warm water with a mild soap.
- Do not use bleaches.
- Drip-dry, out of direct sunlight.
- Do not iron
- We Advise you have your Garments reviewed every 6-12 months or as required

If you have any problems or questions about your Garments, please do not hesitate to contact us.

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