



## Compression Stocking Wear and Care

Apply lotion to your legs in the evening. Applying moisturizers to your legs before putting the stockings on can make it very difficult to put them on (don) and also cause thigh high stockings to slide down.

Put on your stockings when you get up each day **before** you are up and about. This will help prevent fluid from accumulating in your legs before you put your stockings on.

Wear your stockings whenever you are out of bed. Walk often. Practice routine periods of leg elevation. Remember wearing the stockings is only one of the steps you can take.

### General tips for Donning

Wearing compression stockings may take some adjustment. These tips are included to help make that adjustment easier.

- Apply a thin layer of cornstarch or powder on the lower part of your legs before putting on your stockings. This will help the stockings glide a little easier by decreasing the friction between your legs and the stockings.
- Wearing rubber type gloves will help you grip the stocking and help prevent rips, runs, or holes from forming in the stocking. Special assistive devices such as a stocking donner and donning gloves may be purchased from us.
- Fold the top of the sock down over the foot of the sock. Place your foot (toes pointed if possible) in the stocking until it meets resistance. With both hands grab the stocking on each side of your ankle and pull towards your body until it meets resistance. Never use the fingernails to pull on the stockings. With knee high and thigh garments never pull on top band.
- Fold the stocking back onto itself, grab at the sides at the top of the fold and pull towards your body. Repeat the fold back and pulling procedure again until the garment is positioned correctly on your leg. If you have used a satin foot cover (foot slip may not be provided with garments), remove it through the toe opening.
- Smooth out any wrinkles and adjust the heel and ankle area for comfort. The top of knee-high stockings should be **two finger widths below the crease at the back of your knee**. Thigh-high stockings should be **two finger widths below your groin**. You may find you may need to pull gently on the toe box two or three times a day to give your toes a little room.
- Stockings will wrinkle and move throughout the day. Check your stockings periodically to smooth out any wrinkles.
- Remove your stockings before going to bed. The stockings your physician has recommended may not be intended to be worn while you are lying down for more than one hour. Check with your physician.
- If you are wearing thigh high stockings, the inside of the silicone band may need to be wiped with a cloth dampened with rubbing alcohol once a week. This will help restore the stickiness of the silicone so the stockings will stay up.

### Laundering

Hand wash with **warm water** and non-phosphate detergents such as Era, Tide Free or All Free. Use no chlorine bleach and no fabric softener. Rinse your garment in **warm water**, blot dry in a towel (never wring), and hang or lay flat to air-dry. Garments should be **laundered after each wearing** and remember **warm water is your stockings best friend**. It helps restore the memory of the yarn.

### Restoring your stockings

The elastic fibers of your gradient compression stockings will break down with wear. Proper care will increase the “life” span of your stockings, but you will need to replace your stockings at least every 3-4 months. Your fitter may remind you to check your stockings. As a general rule, if your stockings become easy to put on, they probably need to be replaced.

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