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## Compression Stockings Instructions for Application and Care

Putting your stockings on at the start of your day, before swelling starts, is best. The use of gloves is recommended to make the process easier.

Gathering the stockings prior to donning is not recommended, as this makes it difficult to put them on. Do not pull from the top band. The goal when putting on stockings is to get the heel in place as easily as you can.

### Application:

1. Fold the stocking over once down to the heel, so that the length of the stocking is shortened in half. This will help get your foot and heel in place more easily. Remember, do not bunch or gather the stocking.
2. Insert foot and gently pull until you meet resistance as you secure the foot.
3. If your stocking doesn't go entirely on the foot, use your donning gloves to gently move the fabric in an upward direction. Once the heel is in place, you can gently move the stocking in an upward motion to its full length. Use your donning gloves to smooth out any wrinkles. The top band should be approximately 2 fingers width from the top of the leg.

### For Pantyhose:

Secure each foot in place: then, using the donning gloves gently move the stocking up each leg in short, alternating movements, securing the panty in place.

### Removal:

1. Remove stockings before going to bed, unless otherwise indicated by your provider. **(Exception: the stocking must be worn overnight the day of your endovenous ablation procedure.)**
2. Use donning gloves to make stocking removal easier. Take hold of the stockings at the top band and peel downwards past the ankle. Never push downward, as this creates bunching and makes the stocking more difficult to remove.
3. With the palm of the hand, work the stocking over the heel and remove.

### Care Recommendations:

**Wash your stockings every day.** You may machine wash on gentle cycle, using lukewarm water and a mild detergent. For sheer stockings, hand washing is recommended. To protect the garment during washing, a lingerie bag is recommended. Rinse well and air dry. Do not use bleach or fabric softeners and avoid tumble drying. For best results with trouser socks, turn inside out before washing.

### Stockings with silicone band:

For optimum performance of the silicone band, you may want to wipe it regularly with a clean cloth moistened with rubbing alcohol. This will remove skin oils and lint from clothing that could decrease the effectiveness of the silicone.

### Important:

**Sharp fingernails, rings, and bracelets may cause damage when putting on and removing the stockings.** Do not cut or pull loose ends, which sometimes appear on the inside of the stockings.



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