

## COMPRESSION STOCKING INSTRUCTIONS

- ▶ A prescription is given for a stocking with compression pressure >15 mmHg.
- ▶ Measurement and fitting is usually done at the medical supply stores where you purchase your stockings, or at our office.
- ▶ The correctly fitted stockings will not cut off your circulation. They help with the symptoms of chronic venous insufficiency and with swelling. They also may help to prevent clot formation in your legs, especially if you have long air travel or are standing or sitting for a long period of time.
- ▶ In general you should put on the compression stockings in the morning before the swelling builds up. You should take them off before sleeping. We do not recommend sleeping with the compression stockings.
- ▶ Proper compression stockings should feel snug at first. It will take a few days to adjust to the pressure.
- ▶ If you have numbness, tingling, new discoloration, or pain in your lower legs or feet, remove your stockings and notify your VeinCare Experts physician before using them again.

## Tips For Putting On Your Compression Stockings

- ▶ Compression garments are easier to put on when you first get out of bed, before swelling occurs.
- ▶ Your skin should be dry.
- ▶ Applying a thin layer of cornstarch or powder will help the stockings or sleeve slide over your skin.
- ▶ Remove any rings and jewelry that can damage your stockings.
- ▶ Wear gloves to prevent fingernails from damaging the fabric—they also help provide grip to distribute the fabric more easily.
- ▶ Avoid rolling, gathering or bunching the fabric, as this will only increase the pressure.
- ▶ Apply moisturizer to your legs or arm in the evening rather than just before putting on your stocking or sleeve in the morning.
- ▶ Grasp the stocking at both sides of the top band.
- ▶ Pull onto foot and up the leg as far as possible.
- ▶ Choose a position on the leg where you can grasp the stocking on both sides again and pull up as far as possible. Fold the excess fabric back down onto your leg rather than allowing it to bunch or roll.
- ▶ Grasp the stocking at the top and pull out the fold.
- ▶ Repeat until heel is in place.