

Wearing your Compression Stockings

1. Wear rubber gloves to adhere to the fabric and improve your grip
2. Do not wear jewellery when donning the garment to avoid damaging the fabric
3. Turn the stocking inside out at the heel
4. Pull the stocking up over the foot to the heel
5. Lift the fabric up over the heel
6. Pull the stocking up to the knee and thigh in stages

Maintain your compression garment

- Wear gloves when donning your garment
- Wash your stocking daily in cold or tepid water with a mild detergent
- Do not use bleach or fabric softener
- Do not tumble dry
- Dry the garment on the line in the shade
- To minimize blood stain, wash the garment as soon as possible

Manage your veins

- Wear your compression garment first thing in the morning daily
- Have two (2) garments: one to wear and one to wash
- Care for your skin
- Drink plenty of water
- Eat plenty of roughage to prevent constipation
- Cold shower your legs at night
- Avoid heat
- Wear supporting shoes
- Avoid constricting clothing
- Do not cross your legs
- Have your feet supported when seated
- Exercise your feet, toes and ankles when sitting for a long period of time
- Put your feet up to allow gravity to drain your legs when lying down
- Exercise - walk where you can and use the stairs
- Stop and stretch your legs during a long car journey
- In an aircraft take your shoes off and walk up and down the aisle