

# Compression Socks Instructions

## Application and Care



All Compression Sock Sales are Final and Non- Refundable

Put your stockings on at the start of your day, before swelling starts, is best. The use of gloves is recommended to make this easier. Dish gloves work just fine. 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 gloved 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 it's full length. Use your donning gloved to smooth out any wrinkles. The top band should be approximately 2 fingers width from the top of the leg.

### Removal

4. Remove stockings before going to bed, unless otherwise indicated by Dr. Eidson and his care team. (Exception: the stocking must be worn overnight the 1<sup>st</sup> day of your endovenous procedure).
5. Use donning gloves to make stockings removal easier. Take hold of the stockings at the top band and peel downwards past the ankle. Never push downward, as this created bunching and makes the stocking more difficult to remove.
6. With the palm of the hand, work the stocking over the heel and remove.

### Washing Your Socks

You can wash your compression stockings by hand or in a washing machine. Wash on delicate with cold water and a mild detergent. **DO NOT DRY IN DRYER** as this can ruin the compression. **Hang dry your compression stockings.**

**Donning and Doffing** (assists in putting on and taking off device for compression socks) assistance devices can be purchased online if needed.

**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.