

Compression Stockings

Compression stockings are used to encourage proper circulation and reduce swelling in the legs. They may be prescribed for painful, achy legs, edema, varicose veins, and lymphodema. They are available in ready-to-wear and custom made styles. Custom will be used if measurements fall outside of the available sizes and styles. There are varying degrees of compression, listed as mmHg, that are used depending on the type of problem being treated. The doctor will determine the amount of compression needed.

Compression stockings may be prescribed to cover only the ankle and calf, or up to full leg.



Application

- 1.) Fold the stocking back onto itself up to the ankle section.
- 2.) Grasp the stocking on both sides and gradually pull over foot and heel.
- 3.) Slowly turn the stocking right side out as the material is worked up the leg.
- 4.) Massage the leg with both hands to ensure no bunching of material and even compression.
- 5.) To remove, slowly pull the stocking down, turning it inside out until completely removed.

Cleaning and Maintenance

Generally, it is best to hand wash compression stockings in cold water with a mild detergent, then hang to dry. However, refer to the manufacturer's guidelines for the best care as each stocking is different.

Tips and Problems Solving

- Be cautious about sharp fingernails, rings and jewelry as they can damage the compression stockings.
- Rubber gloves may be worn to cover fingernails and aid in grasping fabric.
- It is best to put the stockings on after waking up before any possible swelling occurs.
- Feet and legs should be dry prior to putting them on.

If you experience any problems with your compression stockings, please call your Clinician.

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