

Graduated Compression Stockings

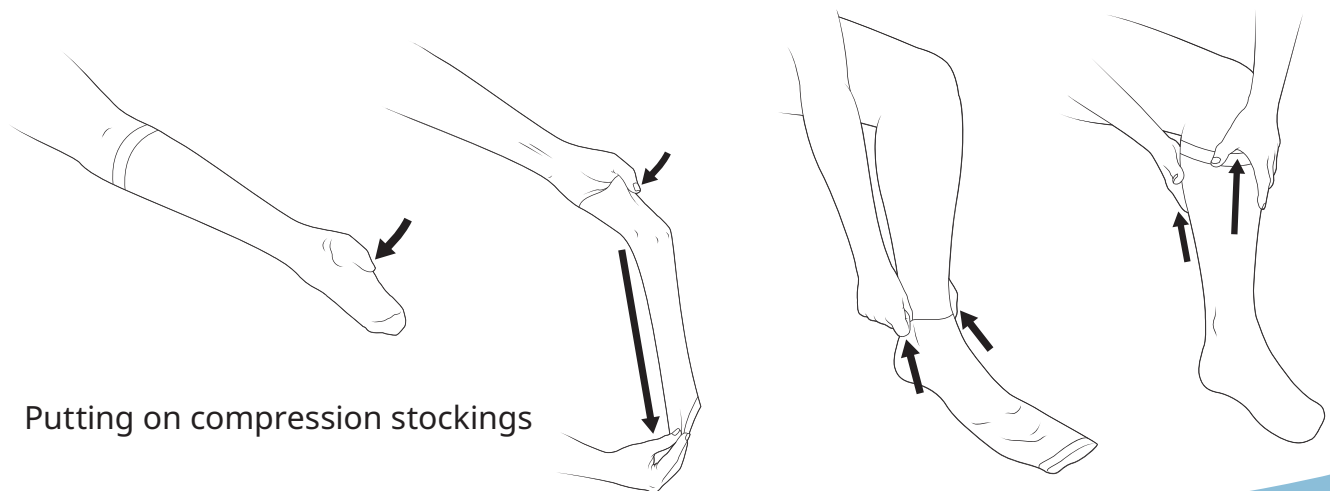
For people who need to wear graduated compression stockings to prevent swelling

What are graduated compression stockings?

Graduated compression stockings are special stockings that help to prevent swelling in the foot, ankle and leg. You need a prescription from your doctor to buy them.

How do I put on graduated compression stockings?

1. Use rubber gloves (you can buy them with your compression stockings).
2. Put your hand into the stocking up to the heel.
3. Grab onto the heel and turn the stocking inside out.
4. Slide your foot gently into the stocking.
5. Roll the stocking up. Use the palms of your hands to gently massage the stocking upwards, making sure there are no creases.
6. The top band of the stocking should end just below the bend of your knee (about 2 centimetres).
7. Check the stocking and make sure that your toes and heel fit in perfectly and that there are no creases on the stocking.



How do I remove graduated compression stockings?

1. Pull the top band down as far as you can over the heel.
2. Then pull the rest of the stocking down over the heel towards your toes.

Stop wearing the stockings if:

- you have pain after putting them on
- you notice that your skin is changing colour or your toes have turned blue.

If you notice any of these conditions, remove the stockings and call your doctor.



Tips

It is easier to put the stockings on first thing in the morning when you get out of bed. Your legs are less swollen because they have been raised for hours from sleeping in bed.

- Remove the stockings before bedtime (unless your doctor tells you differently).
- When you remove your stockings at night, put lotion on your legs. Dry skin can lead to cracks.
- For the best results, wear your compression stockings all day. They will only work while they are on.
- Wash your stockings by hand gently and let them air dry. Putting them in the washing machine or dryer can damage them.
- Have at least 2 pairs of stockings—one that you can wear, and one that you can wash.
- The stockings last up to about 4 months. After this time you should get a new pair because the elasticity in the stocking wears out and they will no longer give you the right amount of pressure.



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