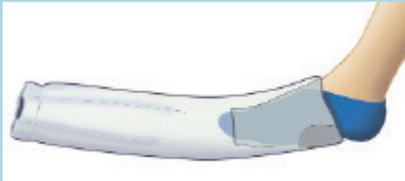


How to apply your hosiery

- Turn the garment inside out to the heel
- Pull the stocking all the way onto your foot
- Gradually ease the rest of the stocking over your foot and up your leg a little at a time



- Use household rubber or gardening gloves to help with positioning and to smooth out creases
- Avoid wearing jewellery or digging nails into the knitted fabric
- Avoid over stretching the fabric or folding over the top of the garment
- Sprinkling talc on the limb may help with applying your garment
- A new garment may rub or irritate at the skin and joint creases. Applying petroleum jelly over the area can help ease discomfort. If this does not settle speak to your nurse
- If you have difficulty applying your garment speak to your therapist who will be able to discuss various aids and techniques to help you.

REMEMBER

- Wear your hosiery **EVERY** day
- Wash, dry and moisturise your legs **EVERY** day
- **ELEVATE** your legs when you can
- **EXERCISE** as normally as possible
- **EAT WELL** and keep your weight within normal limits
- Replace your hosiery every **6 MONTHS**, or sooner if worn
- **DISCARD** the old hosiery
- Attend your treatment room **YEARLY** to check your circulation.

Compression Hosiery

Patient Information Leaflet



Contact Details

Name: _____

Number: _____

Why have you been given compression hosiery?

Your hosiery has been supplied to you and is for your use only.

Compression hosiery is used for several reasons:

- Varicose veins
- Swollen achy legs
- Lymphoedema
- Varicose eczema
- Following cellulitis or DVT
- To prevent recurrence of leg ulcers.

Compression hosiery is designed to help your circulation and is, in most cases, a **life-long treatment**.

It is designed to be worn **every day**:

- Apply your hosiery each morning as soon as possible when you get up, wear it all day and remove just before going to bed
- You may wish to adjust your garment during the day - the material should always be evenly distributed
- Do not wear your garment in bed, unless instructed to do so.

Caring for your hosiery

Follow the manufacturer's instructions enclosed with your hosiery.

- Wash them at a low temperature (40 degrees) or hand wash
- Do not tumble dry
- Do not use fabric softeners
- Rinse well after washing
- Roll up in a thick towel and squeeze to remove any excess water
- Allow to dry naturally away from radiators or direct sunlight.

You will normally be prescribed 2 pairs of hosiery every 6 months and after this period they should be discarded and new hosiery requested.

If your hosiery becomes worn or laddered they will need to be replaced sooner.

You may need to be remeasured by your treatment room nurse if you feel your legs have changed size in that time ie. if you have lost or gained weight or the swelling has reduced in your legs.

Attend your treatment room for a yearly recheck of your circulation to ensure you are still suited for the type of hosiery supplied.

Looking after your legs

Gently wash and dry your skin and moisturise daily - avoid moisturisers with strong perfumes as this may irritate your skin.

It is best to **moisturise at night** when you remove your hosiery to prevent build up on the fabric.

Elevate your feet when you can and exercise as able - this will help your circulation. Try not to stand or sit still for long periods as this puts pressure on your veins and lymphatic circulation.

Try to **avoid trauma** such as cuts, insect bites or fungal nail infections as your skin may be difficult to heal.

Avoid extremes of temperature as they can stress the lymphatic system and worsen your swelling.

If you feel any tingling, pain or numbness when you are wearing your stockings **remove** them and contact your GP.

Think about your weight. Eat healthy and try to keep your weight within normal limits. This will have a positive effect on your circulation. Your GP can advise you if weight loss is required.