

## Information Sheet

# You and your compression stockings

## Why you have stockings

Your stockings can prevent or reduce swelling (oedema) in your legs.

Swollen legs can become larger and heavier and you are at risk of serious infection.

*Wear these stockings everyday. Put them on immediately after your morning shower.*



## Caring for your skin

*Your skin is at high risk of infection.*

To prevent this:

- Keep your legs clean.
- Dry your feet and legs well.
- Use lotion daily to prevent dry skin. Aqueous cream works well. It is best applied at night; if applied immediately before donning your stocking it will be more difficult to pull up smoothly.
- Check carefully for any sore or red areas. Report these to your nurse.

- Be careful that your stockings do not bunch up and dig into your skin causing pressure spots.

## Putting on your stockings

Wearing rubber gloves will help you get a more even spread of the material.

1. Turn the stocking back on itself at the heel so the foot part is hidden inside the stocking.
2. Put on your silk slipper with the long part underneath.
3. Pull the stocking over the foot until it fits well into the foot part of the stocking with the heel snug over your heel.
4. Gradually work the rest of the stocking up the leg starting at the heel.

*Ease up a bit at a time, smoothing out wrinkles and creases as you go.*

5. When the stocking is in place, pull out the silk slipper from underneath through the toe opening.
6. Move your leg and foot around and walk with a heel-toe action to ensure the stocking is on comfortably.

## Caring for your stocking

- Wash your stocking regularly every day.
- Wash in warm water below 40°C.
- Towel dry and hang to dry.
- Do not put in a clothes drier or over direct heat.
- Stockings will usually dry overnight.