



WEAR AND CARE FOR YOUR COMPRESSION STOCKINGS

You have been measured for your stockings by a Certified Fitter, who has properly taken measurements and followed the guide given by the manufacturer to ensure a proper fit of your stockings.

The Certified Fitter has gone over the basic wear and care for your new stockings with you, but we would like you to take home a copy of these very important hints and tips to ensure you are correctly taking care of your new compression stockings!

Applying The Stockings:

- The best time to put on your stockings is at the very beginning of your day.
- As Certified Fitters, along with the stocking manufactures, we strongly recommend you only put the stockings on with the use of **rubber gloves**. The gloves will not only simplify the donning process but also prolong the life of your stockings by saving them from finger or nail pricks, rings snags or stretching of the stocking.
- **Never** roll the stocking down to the ankle and try to put your foot in, the gathering of the stocking creates a tight 'elastic band' and will not allow you to safely apply the rest of the stocking. Instead, leave the stocking at its full length and slide your foot in as far as it will go. **Do not** grab hold of the stocking at the top and try to pull it all the way on, this will cause the stocking to possibly rip, and the material to stretch against the force, causing the stocking to become loose and not stay on properly.
- Once the stocking is pulled gently onto the foot, use the rubber gloves to work the stocking up and into place. Place a hand on either side of your leg and slowly begin to '**massage**' the stocking up. The rubber in the glove attached to the elastic in the stocking, allowing the stocking to slide up the leg. Continue the process of working the stocking up the leg, little bits at a time. Starting at the toe, over the heel, ankle, then up the leg, and repeat.
- Try only to use the flat-handed, massaging technique, as pinching and pulling at the stocking can result in snags and runs in the stocking.
- For knee-high stockings, the top band should sit approx. One inch (or two finger widths) below the bend in the knee. Thigh-high stockings will only sit at approximately mid-thigh.
- It will take time to apply the stockings! They are tight! But you need to be patient while putting them on to prevent snags, rips and stretching of the stockings so they can last their full expected lifetime!
- If gloves alone aren't doing the trick, and you are still finding it difficult to get the stockings on, there are other aids available for sale, please ask your fitter for more information.

Washing Instructions:

- We do suggest that you **HAND WASH** your stockings in a mild detergent.
- Hand or air dry. **Do not** try to wring them out, this may stretch the stocking and alter the shape.
- Do not use bleach or fabric softeners on these stockings.
- Do not put them in the tumble dryer, as again, this can alter the shape of the stocking, and applied heat will damage the elastic.
- Thigh length stockings with a silicone band will need to be wiped with an alcohol swab regularly to clean off any access soap, natural body oils, lotions, lint, etc. to maintain the effectiveness of the silicone to hold up the stockings.

Please Note: The manufacturers only guarantee the stockings from manufacturer defects. Snags, runs and holes are caused by the wearer and are NOT a manufacturer's defect!

This is why it is very important that you follow our instructions carefully and use rubber gloves to assist in putting on the stockings. We cannot be responsible, nor will we replace torn stockings due to improper donning, or them catching on shoes, clothing, flooring, etc. It is your responsibility to take care of your stockings or replace them as they are medicine for your legs!