

Compression Stockings Checklist



BEFORE YOU BUY



Get doctor's recommendation for compression level (mmHg)



Record: Thigh: ___ cm
Calf: ___ cm
Ankle: ___ cm



Measure legs in the Morning (when swelling is minimal)



Buy from authorized medical stores only (beware of fakes!)



Check size chart before purchasing



Replace every 3-6 months



MORNING ROUTINE (WEARING)

1. Put on **BEFORE** getting out of bed (legs least swollen)
2. Sit with legs elevated for 5 minutes first
3. Turn stocking inside-out to heel
4. Slide foot in, position heel correctly (Use satin slip sock)
5. Gently roll up leg (**NEVER** pull or yank)
6. Smooth out ALL wrinkles and folds
7. **Check:** Snug but not painful, no bunching

EVENING ROUTINE (REMOVAL)

1. Remove before bedtime (unless doctor advises otherwise)
2. Inspect skin for redness, marks, or irritation
3. Wash stockings immediately in lukewarm water + mild soap
4. Air dry flat (**NO** wringing, heat, or direct sunlight)
5. Check for wear/tear — replace if stretched or thin



NEVER DO THIS!

Don't fold or roll down the top (causes dangerous compression)

Don't wear only occasionally — consistency is **KEY**

Don't put on while standing (risk of falls / uneven pressure)

Don't use bleach, fabric softener, or iron stockings

Don't wear damaged / old stockings (lose effectiveness)



WHEN TO CALL / MEET YOUR DOCTOR

Persistent pain, numbness, or tingling

Skin discoloration or blisters under stocking

Stocking slides down repeatedly (wrong size)

New swelling above or below stocking edge

Any signs of infection (redness, warmth, fever)

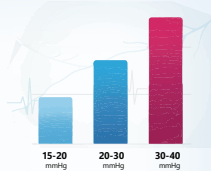


QUICK COMPRESSION GUIDE

15-20 mmHg Mild varicose veins, pregnancy, travel

20-30 mmHg Moderate veins, post-surgery, daily swelling

30-40 mmHg Severe cases, ulcers (**DOCTOR PRESCRIPTION ONLY**)



REPLACEMENT SCHEDULE

Replace every **3-6 MONTHS** or sooner if:

- Fabric becomes thin or transparent
- Elastic loses stretch (slides down easily)
- Holes, tears, or snags appear
- You notice reduced symptom relief

TIP: Buy 2 pairs so you always have a clean one ready!



SKIN PROTECTION TIPS

1. Moisturize legs 10 minutes **BEFORE** putting on stockings
2. Keep toenails trimmed (prevents snags)
3. Remove rings/jewelry while donning
4. Use rubber gloves for a better grip if needed
5. Apply talcum powder if stockings feel sticky

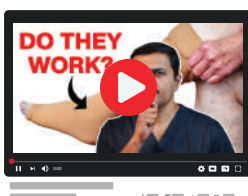


TRAVEL TIPS

1. **ALWAYS** wear compression stockings during flights / long drives
2. Put on before travel, keep on the entire journey
3. Walk/stretch every 1-2 hours
4. Stay hydrated (avoid alcohol / caffeine)
5. Pack a spare pair in carry-on luggage

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Click the thumbnail to see the video. How to wear **COMPRESSION SOCKS:** Fast & Easy #shorts #varicoseveins for detailed explanation of how compression therapy works.