

HOSIERY WEAR AND CARE

TIPS FOR APPLYING AND LOOKING AFTER YOUR HOSIERY

Whether compression-wear is a new addition to your wardrobe, or you just want to take better care of your garments, use this handy guide to keep on top of your compression products and get the most out of them!

APPLYING YOUR COMPRESSION HOSIERY

If you have difficulty reaching your feet or have swelling, compression hosiery can be challenging to put on. Here are a few tips to make it a bit easier:

- 1 If you are having trouble reaching your feet, try an application aid (Such as Sock-Aid) or ask for some help from family or a carer.
- 2 Gently roll the hosiery up the leg until it is all the way on. Don't pull or tug too hard, as it may damage the fabric.
- 3 Once on, smooth out any wrinkles and make sure that it is not too tight or too loose. The hosiery should feel snug but still comfortable, and shouldn't be bunched up. Be aware that rolling **down** hosiery may cause damage to limb!

CARING FOR YOUR COMPRESSION HOSIERY

- 1 Wash your compression hosiery daily to prevent bacteria building up and skin irritation. (Hand washing is recommended, but check if your hosiery is machine-wash safe)
- 2 To hand wash, place the hosiery into a bucket, tub, or sink filled with cool water and mild soap or detergent. If your hosiery needs to be soaked, leave them in the water for a while. Then rub them together gently to clean them and rinse them thoroughly.
- 3 Gently squeeze the water out of the hosiery and lay them flat to dry. Do not wring them out, as this can damage the fabric.
- 4 Hang them out to air dry. You should check the manufacturer's recommendations for drying them using a tumble-dryer.



COMPRESSION STOCKING
TIPS



Generally, compression garments should be put on in the morning when your legs are least swollen, this provides a better fit through the day.



Clean and dry the skin: Before applying hosiery, make sure the skin is clean and dry. This helps to prevent infections and irritation. Gently wash and dry the legs, paying attention to any wounds or ulcers.



Check for signs of irritation or complications: Regularly inspect the skin for any signs of irritation, redness, swelling, or pressure points. If any issues are noticed, consult a healthcare professional promptly.



If you have fragile or sensitive skin apply a moisturizer or barrier cream to help protect the skin and reduce friction from your hosiery.



Replace your hosiery as needed. Compression hosiery can lose its elasticity over time, reducing its effectiveness. Follow the manufacturer's guidelines and replace the hosiery as recommended or if it becomes worn out.