



Compression Stocking Application and Care

To Apply:

- Hold the hose out in front of you in your left hand with the heel pointing away from you.
- With palm facing up, run your right hand down the inside of the hose towards the heel.
- “Finger puppet” the heel while your thumb and fingertips are in the heel pocket.
- Hold on to the heel tight while turning the hose inside out- you should end up with the heel in your right hand.
- If your hose are toeless, place the silk slipper over your foot.
- While sitting down, pull the hose over your toes far enough to expose your toes.
- Begin to invert the hose over your foot, ankle, calf and thigh with a lift and pull motion.
- Do not attempt to pull up the hose in one movement. Slowly work it over your leg in small segments-this helps minimize putting a hole in the hose.
- Adjust the hose to fit as high on the thigh as possible but not so high that it pulls on your skin.
- Make sure there is adequate slack in the toes-too tight over the toes can cause cramps in your calf.
- If you have toeless hose, pull the silk slipper off, exposing the toes.
- Make sure the heel is in proper placement and that there are no creases in the hose.
- If the hose begin to slip down, clean the silicone band and upper thigh with rubbing alcohol to remove any body oils.
- If they continue to slip you may purchase a skin adhesive called “It Stays” that is applied to the skin under the silicone band.

❖ See a video on our website on the Compression Stockings Page for how to put on your stockings!

Caring for your hose:

- Wash by hand in the sink with cool water using a mild soap such as shampoo
 - Hang over a towel rack or shower bar to dry
 - If your stockings are a JUZO brand you may wash and dry per the company instructions.
- ❖ Feel free to call and arrange to have a nurse teach you how to apply your stockings or go to www.coloradoveinandlaser.com. Go to ‘your veins’ and scroll down to ‘compression stockings’ to watch an instructional video.