

Compression Hose

General Description:

Compression hose are used to encourage proper circulation and reduce swelling in the legs. They may be prescribed for painful, achy legs, edema, varicose veins, and lymphodema. They are available in pre-made and custom made styles. Pre-made will usually be chosen if the leg measurements fall within the size and compression parameters of that style. If not, custom made will be used. There are varying degrees of compression that are used depending on the type of problem being treated. The doctor will determine the amount of compression needed.

Application:

1. Fold the stocking back onto itself up to the ankle section.
2. Grasp the stocking at both sides at the top fold and pull onto the foot as far as possible.
3. Fold the excess fabric back down onto the leg.
4. Grasp the stocking and pull out the fold. Repeat until the heel is in place. Continue pulling the stocking up taking care to not just pull from the top. Use of rubber gloves (such as kitchen dishwashing gloves) may be helpful in grasping the stocking and working into place.
5. Continue pulling the stocking up to the top and smooth into place. The stocking must be pulled up all of the way so that there are no wrinkles.
6. When in place, grasp the toe section; pull forward and release to allow more comfort for the toes.
7. To remove the stocking, grasp the top and pull downward, turning inside out.

Care and Maintenance:

Washing instructions vary, therefore, please refer to the manufacturer's washing instructions. Generally, the stocking should be hand or machine washed gentle cycle in cold water with a very mild detergent and hung to dry.

Tips and Problem Solving:

Sharp fingernails, rings, and jewelry can damage the stockings. Remove all jewelry and use the pads of the fingers when putting on the stocking. Rubber gloves may be worn if nails are long to protect the stocking and also aid in grasping the fabric. Stockings should be put on upon rising before possible swelling of the legs. Feet and legs should be dry before putting on stockings. Baby powder may be used on the leg to make it easier to slide the stocking onto the leg. If you have any questions or problems, please contact your practitioner.