

Compression Stockings



promoting healthy skin

Champions for Skin Integrity



Replace compression socks or stockings every six months or if they have a ladder or hole

Remove compression stockings immediately and seek advice if toes go purple or blue, the leg swells above or below the stockings, or you develop severe pain or pins and needles

Use a stocking applicator

Gently hand wash stockings, squeeze moisture out in a towel and dry in the shade

Wear rubber dishwashing gloves to help put your socks or stockings on and to remove your them more easily



Do not wear rings, watches and jewellery when applying compression stockings/socks

Do not leave any wrinkles in compression stockings





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