

Compression Stockings / Socks



- ✓ Replace compression stockings or socks 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 an applicator to help get compression garments on
- ✓ Gently hand wash stockings, squeeze moisture out and dry in the shade
- ✓ Wear rubber dishwashing gloves to help put your stockings/socks on and to remove them more easily
- ✗ Do not wear rings, watches or jewellery when applying compression stockings/socks
- ✗ Do not leave wrinkles in the compression stockings/socks





School of Nursing, Faculty of Health
Queensland University of Technology
Kelvin Grove Qld 4059 Australia
E: woundresearch@qut.edu.au

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