Directions of Use for Compression Stockings

Gradient compression stockings are a medical device that should be prescribed and monitored by your physician.

Application
For knee-highs, thigh-highs and pantyhose:
1. Gather (or bunch) the stocking so that the opening of the stocking is at the toe
2. Place your foot into the opening and gently ease the remaining portion over the heel
3. Carefully work the rest of the stocking upwards toward the knee
4. If thigh-high, continue to work the stocking upward until reaching the mid-thigh or groin.
5. For pantyhose, continue to work the stocking up to the waist and check the seams for correct positioning.
6. Never pull up from the to of the stocking as this could stretch the stocking
7. If your stocking has a silicone border, Never pull up from the border.
8. Your stockings may need to be repositioned throughout the day.

Removal
1. Beginning at the top of the stocking, grab the stocking and gently pull it down toward the toe.
2. Do not pull directly from the top band as this may cause the stocking to stretch.
3. Never attempt to roll the stocking down as the stocking doubles in compression with every layer. Doing so can cause severe pain and even harm.

Care and Maintenance
1. We recommend always hand washing your compression stockings with a gentle detergent and hanging them up to dry.
2. Do not place your stockings in the dryer as they may shrink or lose their compression.
3. Do not use bleach, fabric softeners or other laundry additives as these may also damage your stockings.

Compression stockings could have negative effects when used improperly. **Always Consult Your Doctor** if you have the following conditions:
- Uncontrolled congestive heart failure
- Untreated open venous ulcers
- Intermittent claudicating
- Acute thrombophlebitis
- Weeping dermatosis
- Phlebothrombosis
- Arterial disease
- Acute dermatitis