

Doffing the Stocking

Removing the stockings:

1. Pull the top seam of the leg part downwards as far as your ankle.
2. Push both thumbs between the knitted fabric and your leg and ease it over your heel.
3. Pull the stocking slowly over your foot.

Washing and Care

- Regular washing will not damage your stockings.
- You can simply wash your compression stockings in the washing machine at any temperature up to 40°C and treat them like any other ordinary synthetic fibre underwear.
- You can reduce the drying time by placing the washed stockings on a thick towel up tightly and firmly pressing out excess moisture.
- Do not dry on a radiator or in the sun.
- Do not use any fabric softeners, optical brighteners or stain removers (such as turpentine etc)
- Clean the silicone bands on self-supporting tops with alcohol regularly to improve adhesion.
- Store the stockings at room temperature and protect against humidity and direct sunlight.

Guidelines for patients with venous insufficiency

- Give your legs a rest.
- Elevate your feet above your heart while sleeping and at regular times during the day.
- Avoid work that requires you to stand or sit with your feet on the ground for long periods.
- Have at least two pairs of stockings available for daily change.
- Purchase new stockings every six months for maximum support and wearability.
- Wash your lower legs and feet regularly with mild soap and water.
- Use moisturising creams after washing.
- Be cautious and avoid activities that are likely to cause injury to legs and feet.
- Pay attention to signs of progressive venous insufficiency.
- Swelling that does not go away when you lie down.
- Discolourations, especially brownish skin discolouration around ankles and lower legs.
- Dryness and/or itching in the same areas.
- Any wound or bruise that does not go away promptly.



VENOSAN®
COMPRESSION STOCKINGS

PATIENT CARE

Tips & Hints
for patients at home



OBEX

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Dear Patient

Thank you for choosing Venosan compression garments.

Whether you wear the stockings/socks for daily support or after surgery, we want you to get the maximum comfort and support needed.

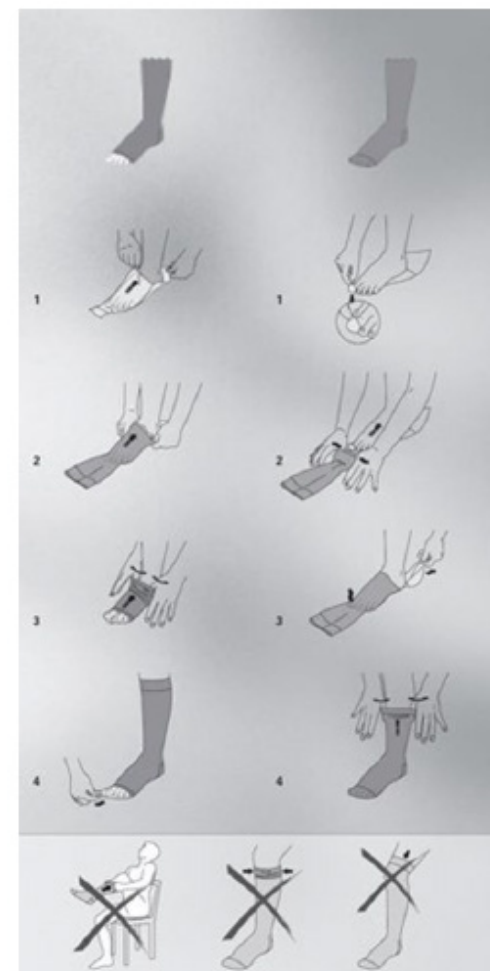
We believe that by following these few tips as described in the next section you will be very satisfied with your Venosan compression garments.

Venosan New Zealand Team

Contact: Venosan Toll Free 0800 836 6726
for further information

Donning the stockings

1. Make sure that neither your feet or legs are wet or even damp. Talcum powder can be helpful if necessary.
2. Turn the leg of the stocking inside out down as far as the heel, i.e. except for the foot, the inside of the stocking must be facing outwards.
3. Use both thumbs to stretch the foot of the stocking open and pull the stocking over the foot.
4. Grip the upper edge of the stocking and pull it over the heel.
5. Once all the leg of the stocking is above the ankle, reach inside with both thumbs and massage the fabric up the leg with a zigzag movement.
6. It is very important that you do not pull the top seam up as hard as you can. The stocking has to be massaged upwards in a series of side-to-side movements as described under 5 above.



Sharp or cracked finger nails, rough skin, sharp-edged rings, bracelets, or wrist-watches can damage the sheer knitted fabric of your compression stockings when you are putting them on or taking them off. *It is therefore advisable to wear ordinary kitchen gloves.*