

PATIENT INFORMATION

1 DONNING IS DIFFICULT

- Always follow the instructions when donning compression stockings
- Always use the Veno-gilder
- Damp or perspiring skin makes donning compression stockings especially difficult. Using baby powder to absorb the moisture can help
- After bathing or showering make sure to dry the skin thoroughly
- Using special gloves helps to apply the stocking to its full length and to make sure that the mesh of the stocking is distributed evenly

2 THE KNEE SOCKS FALL DOWN

- Make sure the mesh is evenly distributed and that not too much of the stocking remains at the ankle. This can pull the stocking back down
- Make sure no greasy creams are present on the skin at the top of the stocking, thereby allowing the cuff to grip properly
- Very hairy legs can hinder the grip of the stocking. Removing the excess hair can help
- Regular washing, especially the silicone self-supporting band with a damp cloth is recommended
- In extreme cases, the stockings can be fixed using gentle skin glue specially designed for this purpose

3 WHEN SITTING, UNPLEASANT CREASES CAN OCCUR BEHIND THE KNEE (thigh length or pantyhose)

- When spending a considerable amount of time-sitting, it is preferable to wear knee high socks
Important: always consult your doctor
- A thin pad placed at the back of the knee can avoid the stocking digging in the skin
- The stocking should be distributed evenly - avoid stretching the stocking too high

4 THE STOCKINGS ARE TOO LONG. WHY IS THAT?

- Compression stockings are made of very elastic material, making it easy to overstretch them. For this reason they should not be "pulled" on but rather "placed" on
- After putting on, check how the stocking sits and if necessary, with flat hands and using special gloves, distribute the mesh equally on the leg

5 WHY CAN THE SELF-SUPPORTING BAND BREAK AWAY FROM THE BODY OF THE STOCKING

- Never use the self-supporting band to grip the stocking and pull it on! This can lead to damage which is not guaranteed by the manufacturer

6 MY SKIN IS DRY, FLAKY AND ITCHY

- An increase in flakiness of the skin is a sign of improved blood circulation and is caused by a quicker division of cells in the skin. This is not an allergy, but just a reaction
- Can be relieved by application of a light body lotion applied in the evening after removing the stockings

7 THE SILICONE STRIPS ON THE LACE SELF-SUPPORTING BAND OF THE THIGH LENGTH STOCKING IRRITATE MY SKIN

- If the stocking is not correctly put on, i.e. too much mesh remaining from the knee down with overstretched mesh on the thigh area, the stocking can then pull down on the self-supporting band causing friction on the skin, resulting in irritation
- Hot weather, excessive perspiration or soft leg tissue can hinder the evaporation of perspiration and the breathability of the skin, which can lead to skin irritation. (Reddening). In such cases the plain self-supporting band with silicone dots instead of the lace band is recommended

8 COLD FEET

- In case of bad circulation, i.e. diabetics, it is recommended to wear warm socks over the top of the compression stockings
- Perhaps a change to a lower compression or a stocking made from a different type of material could help. Important: always consult your doctor before making any changes!

9 I CAN'T STAND THE COMPRESSION

- In order to narrow the veins thereby allowing an improved flow of blood, compression stockings have to give a certain amount of compression. It takes time to get used to the feeling of compression, so if wearing the stockings all day is too much, start to wear them for just a few hours and lengthen the wearing time day by day, until you have become accustomed to the compression
- Perhaps a change to a lower compression or a stocking made from a different type of material could help. Important: always consult your doctor before making any changes!
- Immobile patients are more sensitive to the feeling of compression. Have the compression class, type of material and/or size re-evaluated

10 SWELLING AT THE KNEE (knee length stockings)

- Check that the stockings do not sit too high. The top of the stocking should end at a distance of two fingers under the knee
- cD measurement was taken too tight. A self-supporting band or a flat knit stocking can give relief, especially in the case of arthrosis of the knee

11 WASHING AND CARE

- Regular washing is not only hygienic, but causes the Lycra to return to its original elasticity, ensuring the medical effect of the stocking.
- See instructions for use:
 - compression stockings
 - armsleeves

12 WHAT SHOULD BE OBSERVED WHEN SUGGESTED DURING PREGNANCY?

- If the patient's measurements correspond to two sizes, we recommend the larger size

13 WHAT'S BETTER, SILICONE DOTS OR SILICONE STRIP ON THE SELF-SUPPORTING BAND?

- The silicone dots give a better grip and allow more air flow on the skin

14 WHAT INGREDIENTS IN CREAMS AND OINTMENTS CAN AFFECT THE STOCKINGS?

- Unsaturated fatty acids can destroy the elastane
- If you do not know if your cream contains unsaturated fatty acids, it is best to apply the cream in the evening after removing the stockings and not in the morning before dressing

15 HOW LONG IS THE SHELF LIFE OF THE COMPRESSION STOCKING?

- The lifespan of a stocking is half a year, or about 180 days of wear. After 180 day's wear the stockings should be replaced, as the yarn loses its elasticity and adequate compression can no longer be guaranteed

16 WHAT IS PREFERABLE, AN OPEN TOE OR A CLOSED TOE?

- This is a personal choice. For example, if you have a corn, a compression stocking with an open toe is recommended for wearer comfort