



## **Compression Stockings/Socks**

### **Instructions**

- If possible use special SIGVARIS Rubber Gloves to don socks or stockings
- Avoid sharp items and be careful of fingernails and toenails
- Remove rings before applying
- Do not apply oily skin care lotion on your legs before wearing the product
  
- Ensure that you are sitting in a comfortable, safe position
- Pull the opening of the sock over the foot and up to the ankle. Do not roll the sock or bunch the material, this will make donning the sock more difficult.
- Gently continue to pull the sock up the leg, occasionally pulling/milking the material up and around the foot.
- It is important to look for wrinkles and overlaps. Be sure to smooth out the sock for continuous compression

### **Care**

- Wash daily in a linen bag or wash by hand in cold/lukewarm water using the SIGVARIS Washing Solution, or other mild detergent (such as woolite)
- Do not dry on a direct heat source
- Do not use fabric softener
- Do not tumble dry
- Do not dry clean
- Do not iron
- Lay flat to dry