

Wear and Care of Compression Garments

The first few times you wear your compression garment you will notice the pressure. During the first week, try stretching your stockings before putting them on. Stretch them by gripping with the pads of your fingers, not your fingertips. This will keep your nails from tearing the garment. Stretch the garment along the width and length of the stocking.

Put your compression garment on as soon as possible in the morning. This is important to avoid any increase in swelling once you are up. A small amount of baby powder or cornstarch placed on your hand or foot may help you put on the garment more easily.

Make sure there are no wrinkles in the garment and that you DO NOT fold the top of the garment over. Wearing dishwashing or garden gloves will help with smoothing out any wrinkles. You can buy tools to help you put on your stockings or sleeve.

Remove your garment before going to bed for the night. It is okay for you to take short naps with the garment on. They are not meant to be worn at night. Their pressure is high and may cause discomfort.

Why should you wear these garments? If you do not wear your garment as directed, your condition may get worse.

Care: Refer to the washing and drying directions of your particular brand of garment. The garment should be washed after EACH use. This will maintain the proper compression.

Replacing your garment: The elastic fibers of the garments will break down with wear. You will need to replace your garment every 5-6 months. As a general rule, if your garment becomes easy to put on, it probably needs to be replaced.