



OUTPATIENT DEPARTMENT

DRESSING CLINIC

TEL: 021 427 8511

COMPRESSION STOCKINGS

PATIENT INFORMATION LEAFLET

REASONS FOR WEARING COMPRESSION STOCKINGS

- Compression stockings give firm support to the legs and prevent the legs from swelling. To be effective stockings must be firm fitting and be worn every day.
- Wearing compression stockings is essential to try prevent your leg ulcer from returning. The stockings must be worn winter and summer.

INSTRUCTIONS FOR WEARING COMPRESSION STOCKINGS

- Stockings must be put on first thing in the morning ideally before getting out of bed.
- It helps greatly to wear a nylon stocking inside your compression stocking, this enables the compression stocking to be put on more easily and prevents any damage to your skin.
- Compression stockings should be replaced every 3 months.

SKIN

- The skin on the leg should be moisturised. This can be achieved by applying Liquid Parafin or a moisturiser e.g. Halden's Base. These should be applied with downward strokes from the knee to toe, on a daily basis.
- Regular bathing or showering is also essential to keep the skin healthy. Wash and dry well between the toes.
- Do not sit too close to open fires or heaters as this can damage the skin and lead to ulceration.

APPLYING YOUR COMPRESSION STOCKINGS

- Put on a nylon stocking.
- Turn the compression stocking inside out to the level of the heel.
- Pull the foot of your stocking over your heel.
- Gradually ease the stocking up over your heel and ankle.
- Ease the remainder of the stocking a little at a time up your leg.
- Do not pull the stocking from the top.
- If this is a knee length stocking, the top should reach the crease behind the knee.
- There should be no creases or wrinkles.
- A range of stocking application aids is available from medical supply companies.

ELEVATION

You are strongly advised to elevate your legs several times during the day for periods of 10-20 minutes. You should elevate them as high as is tolerable.

The leg can be elevated by:

- Lying on the couch with your legs elevated at a level higher than your heart,
- Lying on a bed with either the end of the bed elevated or with a firm pillow under your legs.
- Placing your legs on a foot stool every time you sit down.

ANKLE MOVEMENTS

It is very important to exercise your ankles as this encourages the blood to flow more freely in your legs.

- Flex the foot upwards and downwards
- Draw circles with your big toe.

These exercises should be carried out during elevation.

WASHING

Compression stockings should be washed as per manufactures instructions.

They may also be hand washed.

Stockings must be changed on a six monthly basis.

Any queries regarding the above contact:
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