

Information on Compression Stocking Use

- How to Use Stockings:
 - You should put your hose on when you get up in the morning as soon as possible.
 - Wear them all day and remove at the end of your day.
 - You do not need to sleep in them.
 - Additional assist devices for stocking application are available if needed.
- Care Instructions:
 - Your compression hose are made of a 2 way, wear resistant Lycra fiber, and do not contain any latex.
 - Your new compression hose may be hand washed in a mild soap and hung up to dry.
 - If you choose, you can wash your compression hose in the washer using any laundry detergent as long as it does not contain bleach, brighteners, or fabric softeners. They may also be put in the cloths dryer as long as there are no softeners added. The dryer will help shrink your hose back to the original size.
 - Your new compression hose are resistant to sun, ointments, lotions and perspiration.
- New Stockings:
 - Compression stockings will wear out in 4-6 months.
 - If you notice your stockings becoming loose, contact UAB Vein Clinic to order a replacement. Your size will be kept on file and stockings can be shipped to your home.
- Questions?:
 - For more information about compression, visit the following website: www.veinforum.org (Patient section – see video)
 - Contact **UAB** Vein Clinic at (205) 996-VEIN for further questions.