

UAB VEIN CLINIC PATIENT EDUCATION: COMPRESSION STOCKING USE

HOW TO USE STOCKINGS:

- You should put stockings on as soon as possible when you get up in the morning.
- 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.
- The top of your stocking should be placed two finger widths below the bend of your knee, if wearing knee highs.

CARE INSTRUCTIONS:

- Your compression stockings are made of a two-way, wear-resistant Lycra fiber, and do not contain any latex.
- Your new compression stockings may be hand-washed in a mild soap and hung to dry.
- If you choose, you can wash your compression stockings in the washer using any laundry detergent, as long as it does not contain bleach, brighteners, or fabric softeners.
- Your new compression stockings are resistant to sun, ointment, lotions, and perspiration.

NEW STOCKINGS:

- Compression stockings will wear out in 4-6 months.
- If you notice your stockings becoming loose, contact the UAB Vein Clinic to order replacements. 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:

juzousa.com/Juzo-Videos – *How to put on a compression garment*

Contact the UAB Vein Clinic at 205-996-8346 (VEIN) if you have further questions.

Worn stockings are non-refundable and may not be exchanged.

We will be happy to re-evaluate your stockings should a problem occur. Compression stockings are sized based on individual measurements and are meant to be snug.