

Compression Stockings Information

Regular replacement of measured compression stockings are essential to preventing leg ulcers occurring or reoccurring. Dr Hockley aims to ensure you have the best ulcer prevention by recommending the grade (tightness) of your stockings.

What do compression stockings do?

- Compression stockings help the blood return to the heart from the lower legs.
- This is important because when your veins aren't able to do this well themselves the fluid pools in the lower legs. This causes swelling and in some cases the skin becomes fragile and breaks, which can cause ulcers.
- The ongoing pressure against the skin surface from the fluid prevents the ulcer healing.
- By **wearing a compression garment(s)** you help stop fluid building up in your leg(s) which helps to **prevent ulcers**.

Caring for your stocking

- **Hand wash is recommended for garments.** However you can machine wash your stocking if you place it in a net bag used for delicate items.
- Water temperature up to 40°C.
- Use mild washing detergent.
- Do not use stain removers or fabric softeners - it may damage the material.
- **Do not tumble dry.** To dry your stockings quickly roll them in a towel - do not wring out.
- Some stocking have loose threads, please do not cut these as it may cause runs in the stocking.

Before wearing your compression stockings

You should **wash your stockings 3 or 4 times before wearing** them. This will loosen them and make them easier to put on.

How to put on your stocking

- It is advisable to **wear rubber gloves** when handling your garment. This prevents damage caused by sharp, splintered nails, rough hands, sharp rings and watches. You can use washing up gloves from the supermarket or a number of companies sell 'donning' gloves.
- If you wear open toe stockings a silk or plastic slip can be placed over the toes which will make it easier to pull the stocking over your foot. You can also dust your foot with talcum powder to help slide the stocking on.
- Turn the stocking inside out down to the heel so that the whole stocking, except for the foot, is inside out.
- Pull the stocking over the foot up to the heel.
- Now grip the top of the stocking and pull over the foot and heel. Gradually slide up the leg and use the gloves to work them up without wrinkles.
- Stocking applicators are available for sale from several companies. These are frames which can make the process easier especially if you have arthritis in your hands or if you can't reach your feet.

Ezy As

Supplier: Independence Australia
34 Cleaver Street, Rivervale
Ph.: 1300 788 855

Sizes: Small, Medium and Large



Jobst Stocking Donner

Supplier: Warwick Mark Thomas
10 May Avenue, Subiaco
Ph.: 9381 2333

One size fits all



How to remove your stocking:

- Use your gloves to grip the top of the stocking and pull down to the ankle.
- Insert a finger between the stocking and the back of the ankle and pull the stocking over the heel.
- Slowly pull the foot of the stocking off the foot.

Where to get compression stockings:

- Once a year you need to see your GP to ensure that you have adequate blood supply to your legs. This can be done by checking that there are still pulses in your feet and/ or asking your GP or nurse to measure the blood pressure in your feet.
- You should replace your stockings frequently to ensure they apply enough compression to your legs.
- Non-custom fit stockings are available in most sizes from the rooms. For custom fit or if sizes are not available please contact the following suppliers:
 - Warrick-Mark-Thomas Ph: 9381 2333
10 May Avenue, Subiaco, WA, 6008
 - Second Skin Ph: 9201 9455
15/386 Scarborough Beach Road, Osborne Park, WA, 6017

Important: Your stockings should always feel firm but not cause pain. If they do, take them off and see your GP for reassessment.