

# How to use compression stockings

## Patient Information

Tissue Viability Service

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## Advice to patients

Now your ulcer has healed you have been supplied with a compression stocking.

### How to apply your stocking

Ideally, your compression stocking should be put on first thing in the morning after you had a shower or bath. Your legs are not yet swollen at this stage. It is best to take off your watch and jewellery to avoid damage to the fabric of the stocking. If you can wear rubber gloves, they will help you to grip the fabric and make it easier to put on the stocking.

1. Remove the stocking from package.	 <p>Image 1</p>
2. Turn the stocking inside out up to the heel.	 <p>Image 2</p>
3. Pull the stocking over your foot up to the heel.	 <p>Image 3</p>
4. Grasp the upper layer of fabric in the middle of the foot.	 <p>Image 4</p>

<p>5. Lift the fabric over your heel and carefully pull evenly over your calf.</p>	 <p>Image 5</p>
<p>6. Pull the stocking up to your knee. Check that the whole stocking fits properly.</p>	 <p>Image 6</p>

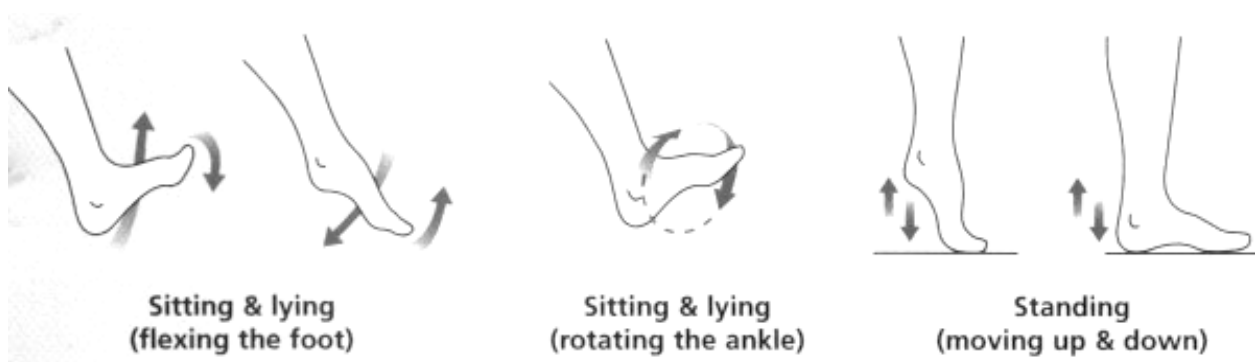
## Caring for compression stockings

Please wash your stocking at least once a week following the manufacturer's instructions. Avoid detergents or fabric softeners which may irritate your skin and damage the stocking.

You will be given an appointment to attend the Leg Ulcer Clinic to check your circulation and monitor your progress.

## Exercise

It is important that you exercise. If possible walk two-three miles each day or exercise by flexing your ankle up and down approximately 10 times each ankle. Do this for about half an hour whilst you are sitting in the chair.



## **Rest**

Rest is also important. Try to have an hour or two in bed during the day, if possible. Sitting with your feet hanging down is nearly as bad for your legs as standing still.

## **Safeguard your legs**

Protect your legs by keeping them warm and free from injury.

Patients often say that a knock to the leg is how their ulcers start. If the skin becomes itchy, do not scratch as this can cause ulceration. If itching becomes a problem seek help from your nurse. Avoid wearing tight garters or girdles which will cause obstruction to the veins.

## **Please contact your nurse at once if:**

- Your leg is more itchy, hot or painful than usual
- You feel that the stocking is too tight
- You lose sensation in your toes or they turn cold or blue
- You need any other advice.

## **For further information please contact:**

Tissue Viability Specialist Nurse Tel: 01942 483030

Please use this space to write notes/reminders.

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh NHS Foundation Trust  
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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website: [https://www.wwl.nhs.uk/patient\\_information/leaflets/](https://www.wwl.nhs.uk/patient_information/leaflets/)

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This leaflet is also available in audio, large print, Braille and other languages upon request. For more information please ask in the department/ward.

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