



# Using Compression Stockings

## Information for Patients, Residents and Carers

### Your Compression Stockings

After checking the circulation in your leg, your health professional has measured and fitted you with a compression system that is specific to your situation. You may feel some discomfort when you first start compression therapy as the stockings start to work. It is important to watch for any signs that the stocking may be too tight. Compression therapy is helpful to prevent leg swelling, ease aching legs, help venous leg ulcers heal, and prevent future ulcers.

### Putting them on

- ✓ Check your feet and legs daily for any areas of broken skin
- ✓ Ensure your skin is clean and dry
- ✓ Wear rubber gloves to increase your grip and reduce the risk of laddering the fabric
- ✓ Remove all wrinkles from stockings, they should be smooth
- ✓ Stockings will feel FIRM but should allow you to continue your usual everyday activities.



### Remove immediately if:

- ✗ toes have a purple or blue mottled appearance or turn white
- ✗ you develop any changes in sensation (e.g. tingling or numbness)
- ✗ the leg swells above or below the stocking
- ✗ you develop increasing pain in your legs.

If you have concerns please contact your health professional or call Wound Innovations on 1300 224 034

There is a wide variety of equipment available to help you put on your stockings more easily. Talk with your health professional or the Wound Innovations team for more information.

## Caring for your stockings

In order to preserve the wearing life of your stockings, it is important to follow the garment care instructions:

- ✓ Wash your stockings after each wear
- ✓ Hand wash in warm water
- ✓ Rinse well and gently towel dry
- ✓ Dry away from direct sunlight and heat
- ✓ Water or silicone based sunscreens/ moisturisers CAN be worn under the stockings, avoid lotions containing oil.

Avoid:

- ✗ wringing the stockings out
- ✗ putting your stockings in the tumble dryer or in the sun
- ✗ using jewellery that might snag on the stockings
- ✗ folding or rolling the stocking down to make it shorter; if it seems too long contact your health professional or Wound Innovations.

## Things to consider:

- People who have had a venous leg ulcer before have up to a 70% chance of the ulcer returning
- Compression therapy is the best way to prevent reoccurrence of venous leg ulcers
- Wear your stockings for all activities, including exercising
- Your compression stockings may be taken off at night but are best reapplied first thing in the morning
- Compression stockings need to be replaced every 6 months or if damaged.

## Other brochures also available:

- Using Compression Bandages
- Caring for Arterial Leg Ulcers
- Caring for Venous Leg Ulcers.

## Contact Information

Wound Innovations: 1300 224 034

[reception@woundinnovations.com.au](mailto:reception@woundinnovations.com.au) [www.woundinnovations.com.au](http://www.woundinnovations.com.au)

## References

- Australian and New Zealand Clinical Practice Guideline for Prevention and Management of Venous Leg Ulcers. (2011). Care of Venous Leg Ulcers [pamphlet]. Australia and New Zealand. Retrieved from: [www.woundsaustralia.com.au](http://www.woundsaustralia.com.au)
- The Australian Wound Management Association Inc. and the New Zealand Wound Care Society Inc. (2011). Australian and New Zealand Clinical Practice Guidelines for Prevention and Management of Venous Leg Ulcers. WA, Australia: Cambridge Publishing
- Institute of Health and Biomedical Innovation. (2015). Venous leg ulcers brochure for clients, families and carers [pamphlet]. QLD, Australia. Retrieved from: [https://cms.qut.edu.au/\\_\\_data/assets/pdf\\_file/0006/451725/brochure-clients-family-carers-venous-leg-ulcers.pdf](https://cms.qut.edu.au/__data/assets/pdf_file/0006/451725/brochure-clients-family-carers-venous-leg-ulcers.pdf)

**Disclaimer:** This document is intended to be used as a guide of general nature, having regard to general circumstances. It cannot be comprehensive and is intended as a guide only. This document reflects information available at the time of its preparation, but its currency should be determined having regard to other available information. The information presented should not be relied on as a substitute for medical advice, independent judgement or proper assessment by a doctor, with consideration of the particular circumstances of each case and individual needs. Wound Innovations disclaims all liability to users of the information provided.