

UnitedMedical

freedom to heal...

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For the protection of your garment and greater ease of application, we recommend the following:

For knee-highs, thigh-highs and pantyhose:

- 1) Turn the upper half of the stocking inside out to the heel by gently sliding the stocking down over the foot portion.
- 2) Slip your foot into the foot portion.
- 3) Gently ease the remaining part of the stocking over the heel.
- 4) Use the palms of your hands to massage the stocking upwards towards the knee. NOTE: **Never pull at the upper edge of the stocking.**
- 5) Follow the same procedure for the opposite leg, taking care that the stitch rows always run vertically.

For the thigh-high and pantyhose:

- 5) Position both stockings, as described above, until below the knee.
- 6) Gently ease the stocking onto the thigh. Work the stocking upwards into place using the palms of your hands until the stocking reaches the groin area. NOTE: **If putting on a thigh-high stocking with silicone border, never pull the stocking up from the silicone border.**

For pantyhose:

- 7) Ease the body part the pantyhose to your waist. The seams should run vertically up the front of the garment.
- 8) For all stockings the panty hose, the fabric should look more densely knit at the ankle and gradually become less dense as you move up the leg. This is normal due to the elastic properties of the garment.

Compression Garments are medical devices, and need more care than personal items of clothing

The high performance fabrics and finishes of your garment allow the fabric to breathe and take moisture away from the skin to the outer surface of the fabric.

Daily washing is necessary to prolong the life of garments. Oils and salts from your skin can break down the fibers. Wash in cold water with a detergent that does not contain bleach. Bleach will break down the fibers of your garment and shorten its useful life. **Do not use Woolite**, it contains bleach. **Do not use fabric softeners** as the "fatty" material in the softener attaches to the fabric. The fabric feels softer, but it builds up over time and reduces the ability of the fabric to manage moisture and breathe. Air dry your garments or tumble dry on cool. Some manufacturers recommend machine washing, others require hand washing to maintain the guarantee. See your sleeve box for specifics.

Do not wear garments longer than six months

Garments older than six months should be replaced. They will no longer have the original compression and may not be providing the valuable medical therapy you need. Medical bills for improperly treated swelling will cost you more than effective garments!

It is most effective to have more than one garment. All garments tend to lose some of their elasticity during daily wear. Alternate your garments to allow the elasticity to recover and prolong their effectiveness.

Wear your garments all day

Generally, sleeves and stockings are worn from first thing in the morning until bedtime. Stocking or sleeves should always be worn when exercising.

If you feel it is necessary to take a break from compression during the day, always elevate the limb so that swelling stays under control.

If swelling does not go away during the night, "night compression" may be necessary. It is recommended that sleeves and stockings not be worn at night, as they can roll down and constrict. Ask your therapist about night compression, e.g. CircAid, ReidSleeve, and bandaging.