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## **Orthotic Care and Wear Instructions**

### **Compression Hose**

#### **General Description:**

Compression hose are used to encourage proper circulation and reduce swelling in the legs. They may be prescribed for painful, achy legs, edema, varicose veins, and lymphedema. There are varying degrees of compression that are used depending on the type of problem being treated. The doctor will determine the amount of compression needed.

Compression hose may be prescribed to cover only the ankle and calf or may cover the entire leg. There are also different types of compression hose. Gradient compression hose are woven to apply greater pressure in the ankle than the calf. Ted Hose have minimal compression and are generally used on patients that are bed ridden or are not frequently up on their feet.

#### **Application:**

1. Fold the stocking back onto itself up to the ankle section.
2. Grasp the stocking at both sides at the top fold and pull onto the foot as far as possible.
3. Fold the excess fabric back down onto the leg.
4. Grasp the stocking and pull out the fold. Repeat until the heel is in place. Continue pulling the stocking up taking care to not just pull from the top. Use of rubber gloves (such as kitchen dishwashing gloves) may be helpful in grasping the stocking and working into place.
5. Continue pulling the stocking up to the top and smooth into place. The stocking must be pulled up all of the way so that there are no wrinkles.
6. When in place, grasp the toe section; pull forward and release to allow more comfort for the toes.
7. To remove the stocking, grasp the top and pull downward, turning inside out.

#### **Wearing Schedule:**

Compression stockings are to be put on first thing in the morning before getting out of bed, worn all day and taken off at night before going to bed.



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### **Care and Maintenance:**

Washing instructions vary from one manufacturer to another. Please refer to the manufacturer's instructions. Generally, the stocking should be hand or machine washed gentle cycle in cold water with a very mild detergent and hung to dry.

### **Risks and Benefits:**

#### BENEFITS

- Reduce edema
- Increase circulation
- Reduce pain

#### RISKS

- May cause serious complications if not applied according to instructions.

### **Tips and Problem Solving:**

Sharp fingernails, rings, and jewelry can damage the stockings. Remove all jewelry and use the pads of the fingers when putting on the stocking. Rubber gloves may be worn if nails are long to protect the stocking and also aid in grasping the fabric.

Stockings should be put on upon rising before possible swelling of the legs. Feet and legs should be dry before putting on stockings. Baby powder may be used on the leg to make it easier to slide the stocking onto the leg.

**If you have any questions or problems, please contact your practitioner.**