

# Compression Hosiery

Allied Healthcare Professionals (AHP)

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.



# Introduction

You may have been prescribed compression hosiery for a variety of reasons, including the treatment of varicose veins, swollen legs, or to prevent the recurrence of a healed leg ulcer. Compression hosiery can be used to either prevent venous leg ulcers from occurring or re-occurring or to reduce the risk of further damage to your veins.

Compression hosiery works by applying pressure to your leg, which increases the blood flow back to your heart, supports varicose veins, reduces pain and prevents fluid building up in your leg which causes swelling in the ankles.

# Application

You must put your compression hosiery on first thing in the morning before your legs begin to swell.

1. Ensure that your foot is dry, if you use moisturisers apply the night before
2. Remove any jewellery that may snag the stocking and keep your nails short or wear rubber gloves to prevent snagging the garment
3. Place your hand inside the hosiery , pinch the heel between the finger and thumb and turn compression hosiery inside out, leaving the foot section tucked inside. Turn back the heel approximately 1 inch (2.5cm)
4. Holding the hosiery in both hands, stretch and slip halfway over the foot
5. Turn back a one inch fold over the heel
6. Gather the remaining hosiery up and slide over the foot and ankle
7. Stretch the hosiery slowly up the leg working in sections, until the hosiery is fitted in place
8. Pull the hosiery back down to your ankle with a twisting motion, take sections of the hosiery back up the leg again,as this will ensure the hosiery remains in place
9. Check that the toe section is not restricted in any way
10. Your hosiery should fit smoothly with no creases or wrinkles
11. When you are wearing thigh length hosierys it may be necessary to wear a suspender belt
12. If you find the application of the garment difficult, a hosiery applicator can be used. Please ask your health care professional for advice.

## Removal

Remove the hosiery, where possible, before going to bed. When taking off the hosiery, gently ease the hosiery down the leg taking care not to damage any skin.

## Washing compression hosiery

Follow the manufacturer's instructions when washing your hosiery. Do not use fabric conditioner when washing, or tumble dry the compression hosiery.

## How long do they last?

Compression hosiery usually last six months. You should have two compression hosierys for each limb you wear them on, one to wear and one to wash. However in the event of the hosiery or garment appearing loose or snagged, contact the orthotics service for advice.

## General advice

1. Never wear somebody else's hosiery
2. Some people may be sensitive to the hosiery; if your leg becomes red, inflamed, itchy or painful, contact your healthcare professional immediately
3. Check that your finger and toe nails are free from rough edges
4. Do not forget to exercise daily and continue to raise your legs when sitting
5. Check your skin daily for any signs of redness or rubbing or bruising, please contact your healthcare professional.

# Contact Details

## **Orthotics Department**

New Cross Hospital  
Wednesfield Road  
Wolverhampton  
WV10 0QP  
Tel: 01902 694082

Opening times: 8:30am - 4:30pm Monday - Friday

## **Orthotics Department**

Cannock Chase Hospital  
Assessment Unit  
Level 2  
Brunswick Road  
WS11 5XY  
Tel: 01543 576626 / 6130

Opening times: 8:30am - 4:30pm Monday - Friday

Reception phones are answered between 9:00am to 4:00pm

Email: [rwh-tr.orthoticservice@nhs.net](mailto:rwh-tr.orthoticservice@nhs.net)



## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。