



## *Helpful Hints for Compression Stocking Maintenance*

- Apply stocking first thing in the morning and wear until evening.
- Use gloves when applying. (Thick dishwashing gloves are best).
- Use caution when pulling stockings on as they can run or tear.
- Hand washing is recommended. Wash in garment bag in mild detergent if using washer. Do not use Woolite, or fabric softener and do not place in dryer.
- Do NOT let Velcro of ACE bandage touch your stockings. This can cause a run.
- If silicone band on thigh high slides, we recommend cleaning with an alcohol swab.
- Keep toenails trimmed to avoid tearing or snagging stockings.
- Do not apply lotion before placing stockings on.
- Apply 2 inches below knee, never have stocking

***Due to sanitary conditions, there are ABSOLUTELY no returns or refunds on compression stocking purchases.***