

Compression stockings

About Compression Therapy

The quickest way to heal your venous ulcer is to keep pressure on your calf or leg. The pressure forces the fluid gathering in your legs to move back into your blood vessels. When the swelling goes down, the blood vessels can get oxygen and nutrients needed to heal your ulcer. This is known as compression therapy.

Compression stockings

Compression stockings are special stockings that help to heal your ulcer by keeping pressure on your leg. Your legs will be measured to make sure you get stockings that fit you.

Steps for putting the stockings on:

1. Put on the stocking before getting out of bed in the morning, or after your legs have been elevated.
2. Turn the stocking inside out. To do this, put your hand in the stocking as far as the heel pocket. Grab the center of the heel pocket between your thumb and first finger and pull the inside out.
3. Put the stocking over your toes and pull it over your foot and heel.
4. Hold the sides of the stocking between your thumb and first finger and gently pull the stocking up and over the calf and ankle.
5. Smooth out any wrinkles.
6. Continue to pull the stocking up your leg.
7. Don't pull on the stocking from the top - this will put holes in the stocking.

If you have trouble putting the stockings on:

- Make sure your legs are dry.
- Wear rubber gloves (like dishwashing gloves) to put on or adjust the stockings.
- Use stocking application equipment to help. You can get this from the store where you bought your stockings.

Living with the stockings

- Put your stockings on before you get out of bed in the morning before your legs start to swell.
- Do not wear your stockings at night.
- If you have trouble getting used to the stockings, wear them for a few hours each day when you are on your feet the most. Then try to increase the length of time you wear the stockings until you are wearing them all day.
- If your stockings start to feel too tight, sit down and put your legs up for a few minutes. This is better for you than taking your stockings off.
- Adjust your stockings so you do not have any wrinkles or folds in them.
- Wash your stockings by hand with cool water and gentle soap when they get dirty.
- Get your legs measured again when you need new stockings (usually after 3 to 6 months.)

If you have a hard time with your stockings, call the store where you bought them for advice.