Your leg compression guide

FERN MEDICAL SUPPLIES

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Stockings by hand

1. Check your skin. Sit in a sturdy chair and put on rubber dishwashing or gardening gloves.
   Not thin medical gloves. Thicker rubber grips better.
2. If your stocking has a sticky top band, fold it down.
3. Turn the stocking inside out down to the heel.
4. Slide your foot in and line up the heel.
5. Ease it up a little at a time with your palms.
   Don't pull from the top, the seams or the silicone band.
6. Unfold the band 2 finger-widths below your knee. Smooth any wrinkles.

Thigh-highs: keep working it up past the knee. Pantyhose: do each leg to the knee, then stand, holding a chair, and ease both up.

Watch how it's done

Scan with your phone to see a knee-high put on by hand.
youtube.com/watch?v=Kh8s2NlwESE

Wear as prescribed by your doctor

Ask your doctor or therapist about daily wear time, nighttime wear, your compression level, and any skin changes or pain.

Using a stocking helper: loading it

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Also called a butler or donning aid. It holds your stocking open, so you step in with less bending.

Keep the stocking right side out

Don't turn it inside out. The helper does that for you.



1. Sit at a table with the helper in front of you. Rubber gloves help you grip, if you have them.
2. Hold the stocking by the top band. Lower the foot down inside the frame.
   Toe pointing away from you. Heel facing you.
3. Put both hands inside the top band and stretch it open wide.
4. Hook the open band over the top of the frame, on the side closest to you.
5. Then stretch it over the far side of the frame, so the band wraps all the way around.
6. Slide the stocking down over the frame with your palms, until the heel shows just over the edge, facing you.
7. Check that it's smooth, with no twists, and the foot hangs straight down.

Tip Hard to stretch? Work the band down a little at a time, front then back. Practice with someone the first few times.

Using a stocking helper: putting it on

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Loaded and ready



Step in

1. Set the loaded helper on the floor in front of your chair.
2. Slide your foot into the stocking, all the way to the heel.
3. Hold the handles and slowly pull the frame up your leg.
4. At your knee, slide the frame off. Smooth out any wrinkles.
   Thigh-highs: finish pulling it up by hand.

Watch someone load and use it

Scan this code with your phone camera to watch a short video of a stocking being loaded onto a helper.
youtube.com/watch?v=xnt1aQRxa2U

Fit Snug, no wrinkles, and the top band lies flat.

Off Fold the top band down and peel the stocking off inside out.
Care: wash often, following your manufacturer's instructions.

Velcro lower leg wrap

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Most Velcro wraps go on much the same way. Put it on in the morning, when swelling is lowest.

In your box: the wrap, an undersock or liner, and a pressure card or guide if included.

Ankle or foot piece: sold separately. Your doctor or therapist decides if you need one.

Put it on

1. Check your skin. Put on the undersock or liner and smooth out every wrinkle.
2. Sit with your foot flat on the floor or on a stool.
3. Place the back of the wrap behind your calf, with the bottom edge just above your ankle bone.
4. Fasten the bands one at a time, from the ankle up.
5. Check each band with your pressure card or guide, if you have one.
6. The top band should sit about 2 finger-widths below the bend of your knee.

Watch how it's done

Scan with your phone to see a wrap go on.

youtube.com/watch?v=D0IiqsMToE4

Fit Snug and even, with no gaps between bands. Recheck the bands during the day.

Off Open the bands from the top down. Remove the wrap, then the undersock or liner.

Nighttime garment, care and help

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Most nighttime garments are padded and simply slide on.

Each night

1. Check your skin.
2. Sit on the edge of your bed.
3. Slide the garment on. Line up the heel.
4. Slide it all the way up, so it covers the whole area it's made for.
   If yours has straps, fasten them so the garment stays in place.
5. In the morning, take it off and check your skin again.

Fit Comfortable, with a little more room than a daytime garment. It stays in place. Nothing pinches or digs in.

Care Wash often. For washing and drying tips, see our care guide at fernmednc.com/care-guide.

Take it off and call your doctor if you have

Numbness, tingling, pale or blue toes, worsening pain, or new skin breakdown. **In an emergency, call 911.**

Time for new ones? Contact Fern if your garment feels loose, has holes or runs, or slides down or the straps won't stay closed. We'll help you reorder.

Questions? Chat with us or use the contact form at www.fernmednc.com. Free language help: 919-241-4259.