

If you have questions about the information,  
talk to your healthcare provider.

Notes:

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Important phone numbers:

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For more copies, go online at <http://vch.eduhealth.ca> or  
email [pchem@vch.ca](mailto:pchem@vch.ca) and quote Catalogue No. **FD.858.C66**  
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person to whom it was given by the health care team.  
[www.vch.ca](http://www.vch.ca)

# Compression Stockings



## Compression stockings are:

- Designed to prevent swelling to your legs and feet.
- Prescribed by your Physician, Nurse Practitioner, or Wound Care Nurse to manage venous disease.
- Available in different sizes and tightness depending on your need.
- Fitted to your legs by a trained compression Stocking Fitter.
- Should feel supportive and comfortable.
- Footwear should fit when compression stockings are in place.



Leg Swelling (edema)

## When Do I Wear My Compression Stockings?

- Put on your compression stockings every day.
- Apply your compression stockings first thing in the morning.
- Remove your compression stockings at bed time.
- If you remove your stockings earlier in the day, lay with your legs elevated above the level of your heart. Then, reapply your stockings before getting up.
- Have the Stocking Fitter teach you how to put the stockings on. There are special devices to assist you in applying your stockings.
- When correctly applied, compression stockings are smooth and wrinkle free.
- Compression stockings should sit (stop or lay) just below the knee (unless otherwise directed).



- Even though you are wearing stockings, sitting or standing for long periods of time could cause your legs to swell and become uncomfortable. Rest for at least 30 minutes throughout the day with your legs up to help move the blood from your legs back up towards your heart. See the link for additional information:  
<https://www.healthlinkbc.ca/health-topics/tn8048>

## How do I care for my Compression Stockings?

- Follow the manufacturer's washing and drying instructions.
- Consider buying 2 pairs of stockings so you can change them daily.
- Keep your finger and toe nails short and smooth to prevent damage to the stockings.
- Replace compression stockings every 6 months or when they lose their stretch.

## How do I care for the skin on my legs?

- In the evening after taking off your stockings, gently wash with unscented soap, rinse well, and pat dry. Moisturize your legs and feet with unscented lotion.
- Ensure your skin is dry before putting your stockings on in the morning.



## Remove your Compression Stockings and call a healthcare provider if:

- You are short of breath.
- Your toes are pale, cool, or numb.
- You have new or increased pain in your legs or feet that is not relieved by elevation.
- You have a new wound, ulcer, or blister on your leg or feet.
- Your stockings are slipping down.
- Your stockings are wet.
- You have trouble putting on the stockings.