

IMPORTANT INFORMATION

IF APPLICABLE:

YOUR NEXT APPOINTMENT IS -----

IF YOU HAVE NOT RECEIVED AN APPOINTMENT BY

----- PLEASE TELEPHONE 01324 673747

**IF YOU REQUIRE ANY ADVICE REGARDING HOSIERY OR
YOUR SKIN PLEASE DO NOT HESITATE TO CONTACT
THE TELEPHONE NUMBER ABOVE**

**CAN YOU PLEASE INFORM THE SERVICE ON THE
NUMBER ABOVE IF:**

- **YOU ARE ADMITTED TO HOSPITAL**
- **HAVE A CHANGE OF NAME OR ADDRESS**

**FOR RENEWAL OF HOSIERY: CONTACT GP, NURSE OR
OTHER SPECIALIST AS PREVIOUSLY ADVISED.**

PATIENT INFORMATION LEAFLET

**TIPS FOR GOOD SKIN CARE WHEN WEARING
COMPRESSION HOSIERY**

DO'S

- Take care when applying or removing garments over areas of hard skin or if wearing rings as this can damage hosiery.
- Ensure legs are dry before putting on hosiery to protect skin and garment integrity. If the skin is fully intact and in good condition consider patting legs dry to absorb excess moisture.
- Speak to your GP, nurse, a pharmacist or other relevant specialist if compression hosiery is not fitting well.
- Follow the manufacturer's wash and care instructions.
- Air dry hosiery to maintain elasticity unless stated otherwise.
- If applying or removing compression garment is too difficult speak to your GP, nurse, a pharmacist or other relevant specialist about being prescribed an alternative new application aid.
- If there is any new numbness to the toes, remove hosiery and inform your GP or the practitioner who fitted the hosiery.
- See your GP immediately if the leg suddenly swells, there is redness or warmth of the skin, any new numbness or tingling in the toes, fatigue in the leg or pain that increases when standing or walking. These could be signs of a potentially life threatening blood clot or a localised cellulites infection. If the swelling has increased so that hosiery doesn't fit, removal of hosiery is necessary.
- Remember to renew your hosiery as advised – usually every 4-6 months. It may be helpful to mark the dates on a calendar or diary as a reminder.

DON'TS

- Do not roll or fold down compression stockings during wear. It hampers circulation and increases the risk of a blood clot.
- Do not pull hosiery any higher up the limb than the length measured for (e.g. below knee).
- Avoid applying emollients (e.g. lotions or creams) just before application of hosiery, as they can make the garments harder to put on. Apply emollient at night once stockings are removed.
- Do not cut holes into the elastic or grip tops of compression hosiery. Do not cut the feet off the hosiery either. Discuss further options with your GP, nurse, a pharmacist or other relevant specialist if you feel they are not suitable.
- Do not wear compression stockings while asleep unless specifically advised otherwise by a healthcare professional.
- Do not wear larger sized compression hosiery without speaking to your GP, nurse, a pharmacist or other relevant specialist about alternative options.
- Do not buy extra pairs of compression hosiery off prescription unless you have been advised to do so by a relevant practitioner.
- Do not double layer compression hosiery unless specifically advised otherwise by a healthcare professional.
- Do not wear compression hosiery that has been prescribed for someone else.
- Do not keep old hosiery after new ones have been provided to avoid wearing over stretched or ill fitting garments.