

COMPRESSION STOCKING TIP SHEET

For your best results long term, we recommend use of compression stockings to retard spider vein and varicose vein recurrence

Stockings should be placed first thing every morning and removed at bedtime

Make sure there are no creases, sagging or wrinkles

Use skin lotion only at night after removing the hose

Stockings can be removed to bathe or shower

Stockings may be machine washed, gentle cycle and dried on low heat

Do not use fabric softener

Stockings with compression of 30mm/Hg to 40mm/Hg require a physician prescription