

# Compression Stockings



promoting  
**healthy skin**

*Champions for Skin Integrity*



Replace compression stockings every 6 months or if they have a ladder or hole

Remove compression stockings immediately and seek advice if toes go purple or blue, the leg swells above or below the stockings, or you develop severe pain

If you remove compression stockings at night, reapply them first thing in the morning

Use a stocking applicator

Gently hand wash stockings, squeeze moisture out in a towel and dry in the shade

Wear rubber dishwashing gloves to help put your stockings on and to remove your stockings more easily



Do not wear rings, watches and jewellery when applying compression stockings

Do not leave any wrinkles in compression stockings





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CRICOS No. 00213J

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**This project is funded by the Australian Government Department of Health and Ageing under the Encouraging Better Practice in Aged Care (EBPAC) program**