Compression Stockings

Champions for Skin Integrity

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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

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Do not wear rings, watches and jewellery when applying compression stockings
Do not leave any wrinkles in compression stockings

IHBI Institute of Health and Biomedical Innovation
References:
RNAO, Assessment and Management of Venous Leg Ulcers, 2004, RNAO: Toronto
AWMA, Australian and New Zealand Clinical Practice Guidelines for Prevention and Management of Venous Leg Ulcers, 2011, AWMA: Barton, ACT
SIGN, Management of chronic venous leg ulcers, 2010, SIGN: Edinburgh

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