

## MORE QUESTIONS?

Please contact your Orthotist with any queries on **(03) 9231 3837**.

## CONTACT DETAILS

If you have any other issues following the surgery regarding pain or bleeding, attend your nearest Emergency Department.



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# Instructions for Compression Stockings

After varicose vein surgery

## WHEN SHOULD I WEAR MY STOCKINGS?

Your surgeon will have dressed your legs in bandages after your varicose veins surgery; these are not to be removed for 2-5 days (your surgeon will specify how long).

**2-5 days after your surgery**, you need to make an appointment with your GP, who will remove your bandages and fit the compression stocking(s) to your leg(s). You will wear this/them for 1 week.

## CAN I SHOWER?

**One week** after they are fitted by your GP, you can remove your stockings to have a shower. You do not need to wear them at night anymore.

**Do not have a hot shower**, as your legs will swell.

Shower at night and put your stockings on before you get out of bed. Having your legs up overnight will reduce any swelling caused by the shower, making it easier to put the stockings on in the morning.

## APPLYING THE STOCKINGS:

**Note: You may require assistance to put the stockings on.**

1. Slide your hand inside the stocking and hold the heel section.
2. Turn the stocking inside out until the heel section is showing.
3. Position your foot so it is on a flat surface e.g. bed or floor so your foot is flat on this surface.
4. Pull the stocking over foot until the heel section is at the back of the heel.
5. Grasp the top of the stocking and pull it gently up over the foot so it turns back out the correct way.
6. Work the rest of the stocking up over the foot and ankle.
7. Slowly ease the stocking all the way up your leg until the silicone band rests on your thigh without wrinkles. Do not stretch the thigh section.

## REMOVING THE STOCKING:

**Gently remove stocking by turning it inside out and rolling it down the leg.**

### Tips:

- Put your stockings on first thing in the morning before you get out of bed.
- Stockings should be changed daily after the first week.
- Ensure your skin is dry.
- Remove all jewellery that may catch the compression stocking when fitting.
- For a better grip, try wearing rubber gloves when putting the stockings on.

## HOW TO CARE FOR COMPRESSION STOCKINGS

Wash your stockings by hand in mild detergent and dry naturally. Do not use a tumble dryer or place in direct sunlight, as this will damage the stockings.