



Lymphoedema Department

Applying Compression Hosiery

This leaflet has been designed to provide you with guidance on how to apply compression hosiery. It is helpful to have some understanding before your clinic appointment, as your Lymphoedema Practitioner may recommend use of compression hosiery after formal assessment of your limb. There are some handy hints and tips that you may find useful.

Please do not start wearing compression hosiery unless you have been assessed as requiring them by a qualified healthcare professional. If you develop any worrying symptoms, for example pain/discolouration/change in temperature to the limb, remove the garment immediately and inform the lymphoedema department. If you have any questions regarding this information leaflet, please contact the lymphoedema department who will be more than happy to help.

How to Apply Your Compression Stockings: A Step By Step Guide

1. Place your hand into the stocking with your palm up, and the heel of the stocking facing you.
2. Grip the heel with your fingers and turn the sock inside out (still gripping the heel) like a sock puppet.





3. Slide the foot of the stocking over your foot and heel (heel side facing down), making sure your toes are comfortable.
4. Firmly hold the top band of the stocking and pull it up over your foot towards your knee.



5. The top band of the stocking should stop approximately 2 finger widths below the crease of the knee.

6. Smooth out any wrinkles in the stocking (it may be useful to use a pair of clean textured gloves i.e. rubber/washing up gloves for this as they smooth out wrinkles very well).

Handy Hints and Tips

Never be tempted to roll over the top of the stocking if it appears too long; it is often that the stocking has been over-stretched rather than it is too long. Instead, place the top band where it is supposed to stop (i.e. below the knee) and use textured gloves to even out the weave, stroking in a downward motion. If the hosiery is still too long, please contact your lymphoedema practitioner as they may need to order a different stocking for you.

If you have difficulty bending down to put the stocking over your foot, and you live with someone who is able to help with this part of the process, please encourage them to do so using the above technique. There are various application devices that are available to help if this is not possible; please discuss this with your lymphoedema practitioner who can advise how you can obtain one of these.

If your compression stocking is too short, please contact your practitioner to discuss as this will affect garment performance.

Application Devices

There are several application aids available to help you apply your compression hosiery. Please see details below and links to YouTube videos demonstrating their use:

For applying garments:

YouTube Videos:

- Easi-slide (for open toe) <https://www.youtube.com/watch?v=77OeZYWBrog>
- Acti-glide (for open and closed toe) <https://www.youtube.com/watch?v=F2ldp-klA8c>
- Magnide (for open and closed toe) <https://www.youtube.com/watch?v=orMifUmvj2M>

For applying and/or removing garments:

- Mediven 2 in 1 <https://www.youtube.com/watch?v=L1AuwzrnD8w> - for applying hosiery
<https://www.youtube.com/watch?v=L1AuwzrnD8w&feature=youtu.be> for removing hosiery
- Sigvaris Simon https://www.youtube.com/watch?v=5JKM7WOQ_Yk
- Gardamed Steve+ <https://www.youtube.com/watch?v=Q0-o-yL68wc>
- Juzo Easyfit <https://www.youtube.com/watch?v=lg8L9AltV-E>

Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to the following Dorset County Hospital Staff:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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