

Proper Application of Compression Stockings



1. Turn the upper half of the stocking inside out to the heel by gently sliding the stocking down over the foot portion



2. Slip your foot into the foot portion.



3. Gently ease the remaining part of the stocking over the heel.



4. Use the palms of your hands to massage the stocking upwards towards the knee. Note: Never pull at the upper edge of the stocking.



5. Follow the same procedure for the opposite leg, taking care that the stitch rows always run vertically.



6. **For Thigh-Highs and Pantyhose:** Position both stockings as described above, until just below the knee.



7. Gently ease the stocking onto the thigh. Work the stocking upwards into place using the palms of your hands until the stocking reaches over the groin area.

Source:  Juzo

Note: If putting on a thigh-high stocking with silicone border, never pull the stocking up from the silicone border.



8. **For Pantyhose:** Ease the body part of the pantyhose up to your waist. The seams should run vertically up the front of the garment.