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Donning Compression Stockings

STEP ONE

Before donning compression stockings, assure legs are dry and free of any lotions. Apply a thin coat of corn starch over the legs to allow the stockings to slide easily over them.

STEP TWO

Hold the compression stocking by the upper end with both hands. Roll the stocking outward down to the heel.

STEP THREE

Slide the foot end of the stocking over your foot, positioning it correctly into the heel. Assure the toes are in proper position.

STEP FOUR

Grab the rolled part of the stocking at the knee level and pull up. Take care not to twist the stocking.

STEP FIVE

Pull the very top of the compression stocking the rest of the way up your leg.

STEP SIX

Beginning back at the foot and working your way up, grasp the outside of the stockings and pull until all wrinkles are removed.