

# Care Of



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Jamestown	(701) 251-1331	(800) 456-7649
Bismarck	(701) 530-0200	(800) 365-4603
Minot	(701) 852-4110	(800) 876-2179
East Grand Forks	(218) 773-5890	(866) 262-1620
Bemidji	(218) 759-9391	(800) 828-5462

## Gradient Compression Stockings

You have been provided a gradient compression stocking. While being fit with your gradient compression stocking, a trained MeritCare Healthcare Accessories staff person instructed you on how to don and doff the stocking. Please note the following:

- The stockings are designed to reduce the swelling in your limb(s) and for venous status ulcers. It is very important that you-put these on everyday in the early morning or as prescribed by your provider.
- The stockings should be washed following the manufacturer recommendations on a regular basis. Do not dry in the dryer.
- You may need more than one pair of stockings as they may take a couple days to dry.
- Always wear shoes and check inside them for small items that may fall into them.

Donning and doffing: (“putting on” and “taking off”):

1. To don, the stocking should gather up the stocking and gradually place onto your limb without any wrinkles. A special donning tool is available to help if needed.
2. Remove any folds by gently pulling upward.
3. Spread the stocking until it becomes free of wrinkles. Rubber gloves may make this step easier.

### Wearing Procedure

You should wear the stockings throughout the entire day, unless otherwise prescribed. Some people may not be able to tolerate the compression for an entire day. If that is the case it is acceptable to increase your wear time gradually. Start with a few hours the first day and increase the number of hours each day until the stockings can be worn comfortably throughout the entire day. You should remove the stockings at night, unless prescribed differently.

Compression garments should fit snug but not overly tight. You should check your skin each time before reapplying any stocking and report any changes or concerns to your physician. (See Cautions on back.)

### Maintenance:

Like regular under stockings, compression hosiery should be washed frequently as suggested by the manufacturer. We encourage you to get more than one pair of compression stockings; this will help extend the life of your stockings.

Follow-up:

Your stockings will need to be replaced due to normal wear and tear, damage, or change in your medical condition. Contact MeritCare HealthCare Accessories your doctor to schedule an appointment. A doctor's order may be needed for replacement.

Warranty

Warranty is based on the manufacturer conditions and terms. Contact MeritCare HealthCare Accessories with any concerns.

**Caution!**

Please contact your physician if you notice any of the following: skin irritations or infections, rash or reddened areas, increased pain or tingling sensation or are confined to bed. You should also contact your physician if you have or suspected of having, any of the following conditions: Ischemia (e.g. advanced arterial disease), uncontrolled congestive heart failure, or untreated septic phlebitis.

Emergency Contact/ After Hours Care:

To contact MeritCare HealthCare Accessories after normal business hours, call the office that is closest to you at the number listed above. An operator will assist you. Depending on the situation, there may be a charge associated with this.

**Special Considerations for people with Diabetes/Neuropathy/Peripheral Vascular Disease (PVD)/Insensate Skin**

It is extremely important to evaluate your skin under the compression stocking on a twice-daily basis. Visually inspect your limbs in the morning and evening for any signs of excessive chafing, irritation or pressure to avoid skin breakdown. You may need to use a hand mirror to inspect ALL areas of your body under your compression stocking.

Always check inside your shoes for small items before putting them on. Donn (put on) the stocking as instructed by the fitter. Wear the stockings as recommended by your physician. Remove the stockings on a regular base and check for red areas or chafing. Contact your fitter with any concerns that you may have.