

COMPRESSION

TO RELIEVE DISCOMFORT AND PAIN CAUSED BY POOR BLOOD CIRCULATION.

MORE SUPPORT. MORE COMFORT.

Your new compression stockings will help reduce discomfort in your legs and improve circulation. They'll help eliminate fatigue and the heavy leg sensation you're experiencing. You'll also be less likely to suffer from edema, varicose veins, and other venous diseases.

Your compression garments take care of you, so be sure to take care of them



Wash your stocking every day in warm water with mild soap. Don't use fabric softener.



Wash by hand or use your machine's delicate cycle (unless the care instructions say otherwise).



Rinse in warm, clean water.



Don't wring your stockings and keep them away from sources of direct heat, such as dryers, radiators, and the sun.



Pat them with a towel and air dry.



Don't iron your stockings.

A FEW SIMPLE STEPS FOR OPTIMAL CIRCULATION

A few tips for putting on
your compression garments:

- **Always use rubber gloves designed to help you put your garment on and take it off, or use an assistive device.**
- **Watch out for long fingernails, jewelry, rough heels, worn shoes, or anything else that could damage your compression garments.**
- **Maintain a healthy lifestyle and a healthy weight.**

TARGETED TREATMENT FOR IMPROVEMENT YOU CAN FEEL, EVERY DAY



Compression stockings should generally be replaced as follows:

15-20 mmHg compression: every 3 months

20-30 mmHg compression and above: every 6 months

Your compression garments work hard for you.
Over time, they wear out and become less effective.
Be sure to replace them regularly.

**Make an appointment
with your compression
garment fitter today!**