

Application of hosiery when fitted by the patient



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Patient Information Leaflet

Indications for use

14-17mmHg – Class 1 FP10/GP10 – Provides light compression and should be used for superficial or early varicose veins and swollen ankles.

Other indications – Activa® Class 1 hosiery should also be considered post operatively and on long distance travel to help prevent deep vein thrombosis in normal risk groups.

18-24mmHg – Class 2 FP10/GP10 – Provides medium compression and should be used in medium severity varicose veins and mild oedema. Activa® Class 2 hosiery can be used as part of the treatment for and to prevent the occurrence and recurrence of venous leg ulcers.

Other indications – Activa® Class 2 hosiery should also be considered post operatively and on long distance travel to help prevent deep vein thrombosis in high risk patients.

25-35mmHg – Class 3 FP10/GP10 – Provides strong compression and should be used for severe varicose veins and gross oedema. Activa® Class 3 hosiery can be used for chronic venous insufficiency and in the treatment and prevention of venous leg ulcers.

Contra-indications

- People with diabetes, unless under medical supervision
- Significant arterial disease (ischaemia) according to vascular assessment
- Congestive cardiac failure, as compression can lead to cardiac overload
- Known sensitivity to the fabric of the stocking

Warnings and precautions

If you have had, or believe you may have had, any problems with your veins then it is important that you seek advice from a trained health professional before wearing any compression hosiery.

Use with caution where diabetes and rheumatoid arthritis are present as there may be microvascular disease.

People with diabetes may also have some degree of peripheral neuropathy which could cause problems if the stockings become too tight.

Care should be taken when applying hosiery over bony prominences and thin legs to avoid damage to the skin and circulation.

Your hosiery should not cause you any pain or discomfort. In the unlikely event of this happening, please remove your hosiery immediately and seek advice from your doctor, nurse or pharmacist.

How to apply your Activa® hosiery

It is important that you continue to wear your hosiery as prescribed by your nurse or doctor.

- 1 Slip your hand down the inside of the stocking.
- 2 Gently grasp the heel area and pull the stocking inside out. This will leave the toe region still tucked in.
- 3 Fold back the edge about an inch/2-3 cms so you can easily slip your toes into the front of the stocking.
- 4 Unfold that inch as you get your toes and heel into the right position.
- 5 Gently pull the rest of the stocking over the foot, heel and ankle.
- 6 Pull the stocking up your leg in stages - Try not to force it.
- 7 Below knee stockings have to be pulled up to the bend at the back of your knee.
If it is a thigh length stocking it has to be up to the middle section of your thigh.
- 8 It is best to use at least 2 suspenders on thigh length stockings.
- 9 On all hosiery make sure that your toes are **NOT** restricted.

How to remove your Activa® hosiery

- All Activa® hosiery should be peeled off gently, **DO NOT** roll the stocking to remove.

Looking after your Activa® hosiery

- If cared for correctly your Activa® hosiery will give the recommended level of compression for up to 100 washes.
- Activa® hosiery can be hand washed at a maximum of 40°C.
- Do not use bleach.
- Do not tumble dry.
- Do not dry clean or iron.
- Dry away from direct heat.
- Care should be taken to ensure hosiery is not damaged by callouses, rough skin or nails.
- Check footwear being worn for any signs of damage which could lead to premature wear of your hosiery.

Application of hosiery when fitted by a carer



Slip your hand down the inside of the stocking. Gently grasp the heel area and pull the stocking inside out. This will leave the toe region tucked in.



Fold back the edge about an inch/2-3 cms so you can easily slip their toes into the front of the stocking.



Gently pull the rest of the stocking over the foot, heel and ankle.



Continue to pull the stocking up your patient's leg in stages. **DO NOT FORCE IT!**



Below knee stockings have to be pulled up to the bend at the back of the patient's knee. If it is a thigh length stocking it has to be pulled up to the middle section of your patient's thigh.



On all hosiery make sure that your patient's toes are **NOT** restricted. It is best to use at least 2 suspenders on thigh length stockings.