



AFTER VEIN TREATMENT *Compression Stocking Tips*

FIRST WEEK:

- Keep stockings on night and day for 1 - 2 weeks (as instructed) after treatment.
- Even wear them in the shower - they dry quite quickly with a large towel and/or a cool hair drier.
- If you have a spare stocking, replace the wet one with a dry one after showering.
- Sit or lie down when removing or putting on stockings.
- If the stockings start to slip down, turn down the top & wipe the grip with a damp cloth.
- If they continue to slip, contact us at **09 410 0990** or **0800 085 555** for a roll-on glue.
- Try to avoid creases at knee and ankle as they can cause skin irritation.

BUT.....

- **If your foot is painful or your toes swell in bed at night**, or your skin is irritated from creases, **take the stocking OFF while in bed**, but put it back **on before you get out of bed for the day**. You do not need to wear it if getting up to go to the toilet during the night.

SECOND WEEK:

- You may take the stockings off in bed and for showers.

ALWAYS BRING YOUR STOCKINGS WITH YOU TO ALL FOLLOW-UP APPOINTMENTS. Take care of the stockings and don't lose the Slipper please!