



Helpful Hints For Compression Hose

ISSUE #1: Hose sliding down...

- We stock glue called "It Stays" which is applied to the inside of the band next to the skin. The band should be cleansed daily with soap and water, followed by rubbing alcohol before each application. It may also be purchased at some pharmacies and medical supply businesses.
- Mid-thigh length undergarment may be worn under hose to keep them from slipping and causing irritation.
- A Velcro band may be measured and cut to fit snugly around thigh just below the band of the compression hose.
- A non-roll elastic waistband, approximately 1½ inches wide, may be measured and cut to fit snugly just below the band. This will require stitching the elastic band.
- Avoid using lotions and powders near the band area.

ISSUE #2: Hose are causing discomfort...

- Try wearing hose a few hours a day for first few days and gradually increase wearing time. The hose will stretch some and feel more comfortable over time.
- If the foot is uncomfortable, try stretching the foot of wet hose over a container slightly larger than foot and allow it to dry on the container.

ISSUE #3: Hose causes irritation...

- Wear soft material under the band next to skin
- Wear a mid-thigh length undergarment beneath the hose.
- Try using Gold Bond powder (avoid band area), for itching.

ISSUE #4: Hose bind or pinch behind knee and at ankle...

- Keep hose pulled up as much as possible (see ISSUE #1).

ISSUE #5: Avoid runs and tears...

- Wear utility or disposable gloves when donning hose.
- Avoid pulling on top of the band.