



Compression Stocking Instructions:

- After any procedure, Endovenous Laser Ablation or sclerotherapy session, a member of our staff will put the compression stocking on your leg(s). You will need to walk for fifteen (15) minutes immediately after leaving our office. You will then be able to drive yourself home.
- You will be instructed to wear the thigh high compression stockings
- Some patients may experience foot discomfort while sleeping in the compression stockings, usually due to low blood pressure. If this occurs remove the stocking(s) at bedtime. Please inform our staff at your earliest convenience.
- **Avoid prolonged (greater than 1 hour) leg elevation.**
- Please remember to always handle your stockings with gloved hands; either rubber gloves or the disposable varieties can be utilized. The compression stockings can become compromised by a run, hole, tear or snags. **Our staff may recommend replacement depending upon the condition of the stocking(s).**
- Please inform our staff if you are having difficulties with your compression stockings. View our helpful hints page on our website to assist in keeping the stockings in place.
- Removing or placing the stockings on is best accomplished while sitting or lying down. If you need to find a more accommodating position please do so; the goal is for you to put on your stockings with minimal difficulty.
- Showering, even in tepid water, may cause dilation of the superficial veins; it is recommended that during the period that you are instructed to wear your stockings you may also shower in them.
 - The stockings will take about 20-40 minutes to air-dry on your legs; the top leg band may take an additional 10-20 minutes due to the silicone border.
 - If you purchase an additional compression stocking(s) you may also; lying down; change from the wet stocking into the dry stocking after showering.
- You are encouraged to **walk for fifteen (15) minutes twice** a day and to avoid excessive standing while motionless.
- Please remember to bring your **stockings and slipper every time** you visit our office.