



## **FAQ and Tips by Run Forever Sports**

### **Your Compression Socks**

#### **Q. I Am Having Trouble Getting Them On, What Should I Do?**

**A.** Contact us at [support@runforeversports.com](mailto:support@runforeversports.com) and I will help you out. If it's a sizing issue, we will take care of it. Please allow enough time to break in the socks. When they are brand new, they will be tighter and will loosen over time.

Check out some helpful how to videos on our website – <https://runforeversports.com/pages/how-to> which can show you a couple of tricks to help get them on as well.

#### **Q. When Can I Wear My Compression Socks?**

**A.** You can wear your compression socks anytime as they are made for all day wear. We would not recommend them for any time of activity where they could get wet like Tough Mudders as they are made of a Cotton/Nylon/Lycra blend.



**Q. What Are The Best Washing Instructions For My New Compression Socks?**

**A.** For best results, we recommend that you :

- Hand Wash (Machine Wash Delicate ok)
- Warm Water
- Mild Soap or Detergent
- Air Dry Recommended
- Do Not Bleach
- Do Not Iron
- Do Not Dry Clean
- Do Not Use Fabric Softener

**Q. How Long Can These Socks Be Worn At A Time?**

**A.** You can wear your compression socks anytime as they are made for all day wear. We would not recommend them for any type of activity where they could get wet like Tough Mudders as they are made of a Cotton/Nylon/Lycra blend. We are currently developing socks for more active use.



**Q. How Often Do I Need To Replace My Compression Socks?**

**A.** The life of our compression socks depends on the usage. At minimum, they should last a year on average use. As with all clothing, the more you use it, the more it wears down. We recommend having 2 pairs at all times so you can switch between the two and give the fabric time to recover back to its original size.

**Q. I Have A Question That Isn't Answered Here?**

**A.** Any questions you have, please contact me at [support@runforeversports.com](mailto:support@runforeversports.com). We are a small business and we thrive on happy customers so we will do everything in our power to make sure you're satisfied.



Love your new compression socks?

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