

QUICK START GUIDE

- Consult your orthopaedic specialist/physiotherapist to know whether you need Knee-Length or Thigh High variant
- Make sure you order the right fit as per Size Chart below
- Roll out the stockings and align the heel pattern towards the bottom
- Hold the stockings from the bottom and pull them up to the calf
- Stop when the heel pattern centres itself around the heel
- Smoothen the wrinkles if any
- Pair it with shoes or sandals and thin layered cotton socks to move around
- Ensure that you can walk comfortably
- Remove them for a while to dry in case of highly humid conditions

P.S.: Kindly consult your Physician or Orthopaedic Specialist before using this product

REMEMBER

- Wear the compression stockings in the morning before starting your day. Remove them before going to bed at night
- Wear the stockings properly as indicated in the illustration above. Do not wear by bunching up as it will reduce the elasticity over time
- Do not use fingernails to pull up the stocking to avoid ripping - work with extended fingers. Ensure that the toenails and fingernails are cleanly cut
- Avoid wearing anklets, toe rings or similar jewellery
- Apply talcum powder for easier wearing. Seniors with limited mobility in the upper body can use **Socky Stocking Aid** to easily wear the stockings without the assistance of the caregiver