How to Wear?

- 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 centers itself around the heel
- Pair it with shoes and thin layered cotton socks to move around in
- Remove them for a while to dry in case of humid conditions



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