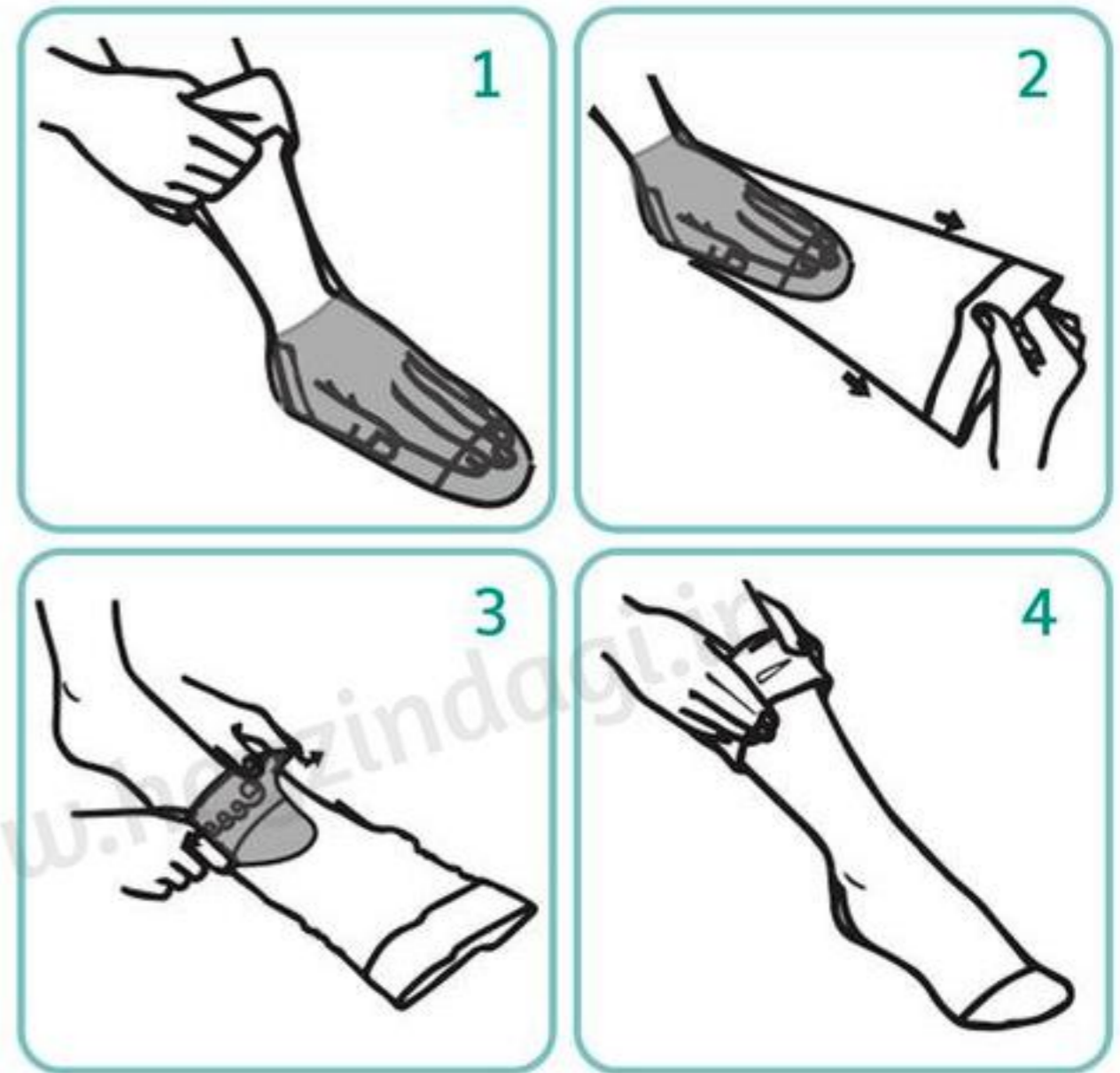


## How to Wear?

- Consult your orthopaedic specialist/physiotherapist to know whether you need Knee Length or Thigh Length variant
- Make sure you order the right fit as per Size Chart below
- You may apply talcum powder for smoother movement of the fabric on your feet and legs
- Put your hand inside the stocking foot with the heel facing down
- Turn the leg of the stocking inside out as far as the heel
- Stretch the stocking sideways at the heel
- Slide your foot into the stocking
- Make the heel of the stocking coincide with your heel
- Grasping the top of the stocking pull over the ankle, continue up the leg
- Adjust and straighten the stocking as you go up and remove wrinkles if any.
- It is advisable to use a slider for wearing medical compression stockings, especially if affected by mobility limitations in hand due to arthritis or other problems. Check out the Etac Socky slider



**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 share your stockings with others - it can impact their blood flow and compression quality of the garment
- Do not use fingernails to pull up the stocking to avoid ripping. Ensure that the toe nails 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