How to Wear?

- Consult your medical specialist/physiotherapist to know whether you need Class II or Class III and a Knee High or Thigh High variant
- Make sure you order the right fit as per Size Chart attached
- Slide the stockings onto your arms with hand reaching the heel area
- Holding the heel zone of the stocking, turn the stockings inside out
- · Widen the end of the stocking and pull till it reaches the heel

- Unfold the stockings from heel to knee, in a manner that the fabric rolls on the fabric and not on the bare skin
- Pull the upper end of the stockings till knee/mid thigh
- Alternately you can use the complimentary stocking slip-on wearer or order an Etac Socky Stocking Aid
- Smoothen the wrinkles, if any, from bottom upwards using both hands, till
 you get absolutely stretched garment on the leg.

P.S.: Kindly consult your Physician or Medical 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 user manual and CD provided in the package. 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. 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