

Appendix 3 – Patient Leaflet

PATIENT LEAFLET (please retain)

HOW TO APPLY

STEP 1



Insert hand into stocking as far as the heel pocket, firmly grasp centre of heel pocket and keeping hold of heel, turn stocking inside out to the heel area.

Place stocking over the foot ensuring the heel patch is under the heel. Be careful not to damage the fabric with your fingernails.

Grasp the excess stocking at the front of the foot and apply the stocking over foot towards the heel and then onwards over the calf. At this point ensure the dark heel patch is positioned underneath the base of the heel as illustrated (A).

STEP 2



Smooth out any excess material on the foot by pulling the open toe of the stocking forward, ensuring that the toe area is covered and the open toe is comfortably located under the toe area (B).

STEP 3



Pull stocking up over calf (C) and then over knee (D) ensuring that the dark colour ends below the knee (E).

Pull the remaining section over the knee and thigh, ensuring that the top band rests in the upper thigh area directly below the buttocks (E).

Smooth out any wrinkles in the stocking and ensure the non-graduated knee area is in place, the heel is positioned correctly and the toes are covered and the aperture is comfortably located under the toe area.

HOW TO REMOVE

Simply pull down from the top of stocking, down the leg then over the heel and foot. This will leave the stocking inside out. Turn the stocking back to its correct presentation before refitting.

If unsure, ask a qualified person to assist or check fitting.

WARNING: DO NOT TURN DOWN STOCKING TOP BAND as this can restrict blood flow. This product is a medical device – ensure stocking is worn correctly at all times.