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A family you can trust!

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COMPRESSION STOCKINGS CARE INSTRUCTIONS

If the stockings are used for everyday use you will want to put them on in the morning when you first wake up. This will help reduce the swelling by putting them on first thing. Wear the compression stockings for 8-10 hours per day. If you work or need to wear them longer then this that is fine but please be aware the legs will feel "Restless" if they need to be taken off. Check for irritation and/or redness when you take them off to ensure no concerns/problems.

If the stockings are going to be used for the EVLT laser treatment for the Varicose Veins the Dr will go over the wear and care at this time. If your Dr or Nurse does not go over the wear period with you, please ask. In most cases you will bring the stockings unopened to the EVLT procedure/Dr office so when they are done with the procedure they can then place them on the leg/legs. Wear time for this procedure is one week full time wear and then 3 weeks for 8-10 hours during the day or night if required or follow the Dr instructions. In most cases the one month of wear will complete the wearing time.

I have received and reviewed the manufacturers wear and care instructions from:

Juzo	Sigvaris
Jobst	Mediven

Hand wash & Air dry

Cleaning for the EVLT procedure

You will be wearing the stockings full time 24/7. Wearing the stockings for the first week you will shower in them and then dry off with a towel. Once dried with the towel, then use a hair dryer on *cool or low setting* to make sure they are completely dried. BE CAREFUL NOT TO BURN YOURSELF.

If there are any problems or concerns please follow up with you practitioner immediately, please do not wait.

Patients Signature

Date