

DAILY ROUTINE WHEN WEARING COMPRESSION GARMENTS

In AM – Wash affected area/areas, rinse, pat excess water leaving skin slightly moist

- Apply Lotion to affected area/areas
- Apply Alps Lotion to – toes/feet up to knee (leg affected)
 - fingers/hand up to elbow crease (arm affected)
- Apply garment (stocking or sleeve) with rubber gloves on hands, using pads of fingers so as not to snag or pull holes in garment.
- Apply Skin Adhesive on skin at level of top band – do not apply to inner leg near groin or in armpit. (skin adhesive is not used if garment has silicone band at top)

In PM - **Remove Garment**

- Wash affected area/areas, rinse, pat excess water leaving skin slightly moist
- Apply Lotion to affected area/areas
- Wash garment in warm mild soap (dreft or ivory), rinse well. Roll garment in thick fluffy towel to remove excess moisture and hang to dry overnight
- Go to sleep without compression unless otherwise directed

NOTE – **one stocking worn daily will last 3-4 months. Replace them every**

3-4 month to maintain reduction of swelling.

- **Always exercise with compression unless water exercises are performed**
- **Increase compression if you vacation or air travel at over 4,000 ft. elevation**
- **1st day wearing garment mark date with permanent marker**