



Get it on: ease your way into your hosiery

Wearing compression hosiery is a key part of improving your limb health but evidence shows that for many people, difficulties with application mean it is not used as it should be, or at all. These tips might just make your hosiery application easier!



Wearing compression hosiery is crucial for managing your leg condition, especially if you are dealing with swelling, ulcers, or other skin changes. Consistent use is essential, as not wearing compression regularly can lead to increased swelling, slow or non-healing ulcers, or even the return of previously healed wounds.

Why compression hosiery matters

Remember your compression hosiery helps improve blood circulation by applying consistent pressure to your legs, preventing fluid build-up. By promoting proper blood flow, it also aids in the healing of venous leg ulcers if present, and prevents reoccurrence once healed. So, its worth getting your hosiery on!

If the garment fits, you should be able to wear it!

Correct fit is key. Your compression hosiery should have been carefully measured to fit your leg size, ensuring that it covers the area in need of treatment, and that it provides the right amount of pressure for your condition. This close fit is what helps to make it an effective treatment, but can also make it challenging to put on. You may struggle to put on your hosiery if you have poor dexterity or weakness in your hands or have difficulty in bending over. Luckily, there are some things you can try to make the process less strenuous.

Put your garment on as soon as you start the day

Overnight, while you're lying down, your leg swelling may decrease. However, the moment you stand up, gravity works to pull fluid back into your lower legs. Putting on your hosiery right away, before this happens, will make it much easier to apply and will help to prevent swelling before your day gets underway.

Shower at night

Taking a shower before bed can not only help you to get ahead next day, it can make your hosiery easier to apply as washing your skin the night before will mean it is completely dry and not damp, which can hinder application.

Then moisturise

Similarly, it's best to apply your moisturiser at night instead of in the morning. This way, your hosiery won't stick, and you won't risk the cream

soaking into the fabric, which can damage the fibres of your garment over a period of time.

Use gloves

Using a special grip glove can help you to hold your hosiery more firmly than when using just your hands. You should always avoid pulling on your hosiery too hard. Tugging your garment should be avoided as it can lead to damage to the material and result in shape distortion.

Smooth out wrinkles

Gloves can also help to smooth out any wrinkles in your hosiery, which can cause pain and skin damage if not eliminated. Try and gently smooth out wrinkles but avoid tugging on the fabric excessively.

Pull up slowly but surely

Work the hosiery slowly up the legs taking time and care to not twist or stretch the product.

Use an applicator

If you are still finding it difficult or just want to make your daily application easier, there are aids available to help. See p. 17–20 for some examples of what is available. 

