



TIPS: HOW TO PUT ON  
MEDICAL STOCKINGS ON  
YOUR LEGS?



STEP 1

Reverse the stocking to opposite side and pull stretch the body prevent from crease.



STEP 2

Plug the stocking inside by one hand. Use your fingers kindly adjust the part to appropriate space.



STEP 3

Ensure the part from toe to ankle has plugged inside the stocking with one hand.



STEP 4

Compare with the other, you will find out the difference. Undertake same process with the other leg.



STEP 5

With two hands to roll up the stocking to be as a "pocket" for appropriate donning.



STEP 6

Slowly put on stocking from toes and pull toward ankle part. Ensure comfort with toes.



STEP 7

Pull stocking with thumbs when pass through the part of ankle, then gradually pull toward upper side.

STEP 8

With your thumbs pulling up until all the body fit your legs.



## HOW TO TAKE CARE YOUR STOCKINGS?

For prevent from leg problems, you may rely on graduated compression stocking. Even if these stuff are quite strong, please also be careful of sharp nails and rings. To avoid damaging the hosiery, we suggest using rubber gloves when putting on the hosiery.

Besides, please be notified that stockings should wash in evenings before go bed and should dry it in morning. However, we suggest you may have spare ones to wear on alternate days. Followings are ways of maintenance:

- **Wash it by hand with warm water which temperature is below 40°C**
- **Rinsed in cold water**
- **DO NOT use bleach**
- **Roll stocking into a towel and gently squeeze excess water out**
- **Dry in the shade or indoors**
- **Avoid sunlight or direct heat**
- **NO ironing or tumble dried**
- **Prevent to wash it with other clothes**

Ensure that footwear inside has in good condition since a defect in the shoes lining may increase friction and lead to damage of your stockings. For increasing durability, you may wear socks over the top of the stockings. If defect occurs, please DO NOT repair the stockings by yourself.

Contact us for suggestion and after-sale service while you have any requests or comments on our products.

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