

Putting the stocking on will be even faster and easier using the appropriate donning technique as illustrated below. Alternatively, textured, soft rubber gloves can be used. When pulling the stockings on, patients should remove all jewellery and try to avoid snagging the material with their fingernails.



1 Put the hand inside the stocking and grip the heel.



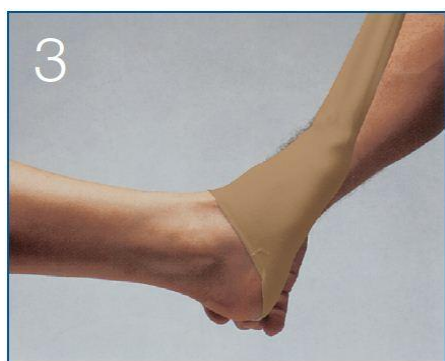
5 Push the overlapping part of the heel.



2 Turn the stocking inside-out, keeping hold of the heel.



6 Fold over the stocking and pull without using force.



3 Put the inside part of the stocking over the front of the foot as far as the heel.



7 Make sure that the heel of the stocking is free of creases.



4 Gradually pull the stocking onto the calf, like a normal stocking.



8 Pull the stocking up to the knee, thigh or waist; let it slide over the thumbs.

How to take off the stocking



Take off the stocking by taking hold of the inner side and pulling it down in the reverse way as when putting it on.



If the stocking gets stuck around the heel, push it down using fingers as shown in the picture.



Keep pulling the stocking away from the foot to avoid curling the material.