

SIGVARIS  
GROUP

The Worldwide Leader  
in Compression Therapy

# A Telehealth Guide to Compression





## Welcome to the Sigvaris Guide to Compression!

You can use this guide to help you properly fit compression socks, hosiery, and wraps, explain the benefits to customers, and help them improve their quality of life.

We have made a checklist for you to reference when needed. You will find everything you need to:

- Pick the right compression product for your customer
- Ensure the proper fit
- Teach how to apply and remove compression products
- Show your customers how to incorporate their compression products throughout each part of their lives

Graduated Compression  
for Men & Women

SIGVARIS  
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## Understanding Compression

Once you've decided your customer would benefit from wearing Sigvaris compression socks and hosiery, you will assist them in choosing the style and compression level they need.

Here are some questions you can answer for your customers

- What is compression?
- Who needs compression?
- How is compression beneficial to wearers?

## Pick It

Picking the correct compression product

- Gender
- Compression Class/Level
- Style
- Types of products



## Occasions for use

Questions to help determine the best compression option for the customer's lifestyle

- "What type of shoes do you normally wear?"
- "What is your occupation?"
- "What kind of activities do you do on the weekends?"

Once you've picked the right product for your customer, you will make sure the garment fits your customer correctly.

## Fit It

Ensure the compression product fits properly

- Discuss why the right fit of the compression product is important  
Ensuring compliance decreases product returns
- Explain the measurement process  
Follow the step by step instructions in the appendix. [See page 12](#)

- Explain the measurement process for the Compreflex® product
- Follow the step by step instructions in the appendix. [See page 13](#)

After you have made sure the garment fits accurately, you should go over the proper way to apply and remove the compression garment.

## Wear It

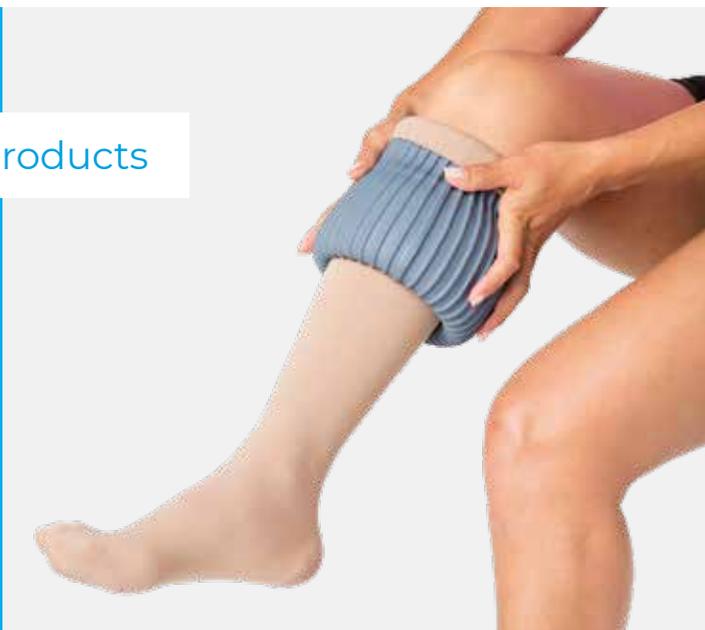
How to apply and remove compression products

### ○ Calf and Thigh Products

- Always use gloves to help work the fabric up your leg and smooth into place
- Never bunch or gather the fabric of your garment
- For calf products, ensure the top band of the product lays two finger widths below the knee
- For thigh products, place the grip top band comfortably at the top of the thigh
- When applying open toe garments, be sure to use the foot slip provided with the product

### ○ Compreflex Wrap

- Make sure you read the Accutab™ directions included in the box before applying
- This product comes with two liners – one to wash, and one to wear



## Live It

### Wearing the compression product every day

Let's talk about some frequently asked questions!

- Why is it important to wear compression products every day?

By wearing your compression products every day, you will achieve maximum therapeutic benefit.

- When is the best time of the day to apply compression products?

The best time of day to apply compression products is first thing in the morning. This allows you to apply the product prior to additional swelling that will occur as you go throughout the day.

- What is the best way to care for compression products?

The best way to care for compression products is to machine or hand wash them with a mild detergent or Sigvaris Washing Solution. You can also put them in the dryer on a low or delicate setting.



Now, your customer can enjoy their new compression products and their improved leg health!

If you have questions, please call your local Sigvaris sales representative or contact Customer Care at 1.800.322.7744, ext. 1.

## Appendix

In the next pages you will find useful information about Sigvaris compression products like:

### Product at a glance divided by segments

- Compression level
- Best suited for
- Style options
- Fiber content

### Detailed measuring guide

- Guide for Circular knit products
- Guide for Compreflex Transition (Compression wrap)

### Suggested compression dosage

- List of symptoms with the suggested compression level

### Stocking application

- Closed-toe stockings
- Open-toe stockings
- How to remove the stockings



### Sea Island Cotton (220)

For Women & Men

20–30mmHg

Style Sea Island Cotton socks are made with the world's rarest cotton, ensuring a luxurious feel that is as soft as cashmere.

**Best suited for** management of symptoms related to chronic venous disease, patients who prefer natural fibers for everyday wear, long-distance travel.

**Closed toe:** calf

43% Sea Island Cotton,  
39% Nylon,  
11% Spandex,  
7% Supima® Cotton

### Merino Wool (240)

For Women & Men

20–30mmHg

Style Merino Wool socks combine extra-fine Australian Merino wool with a stylish design, making it the ultimate sock for year-round wear.

**Best suited for** management of symptoms related to chronic venous disease, patients who prefer natural fibers for everyday wear, long-distance travel.

**Closed toe:** calf

53% Australian Merino Wool,  
38% Nylon,  
9% Spandex

### Patterns (710)

For Women

15–20mmHg, 20–30mmHg

Style Pattern hosiery is available in fashionable patterns, making it a staple for your professional and everyday wear.

**Best suited for** management of early stages of chronic venous disease, pre- and post-vein treatment with minimal edema, patients who prefer fashionable options, ideal for business or dress

**Closed toe:** thigh w/grip-top, pantyhose

64% Nylon,  
36% Spandex  
(content can vary slightly by style)

### Medium Sheer (750) For Women

20–30mmHg

Thanks to the durability of Style Medium Sheer, you will have the confidence to wear sheer hosiery every day.

**Best suited for** management of early stages of chronic venous disease, pre- and post-vein treatment with minimal edema, daily wear for business or casual, active professionals needing a durable sheer.

**Closed toe:** calf, thigh w/grip-top, pantyhose

68% Nylon  
32% Spandex  
(content can vary slightly by style)

### Sheer (780) For Women

15–20mmHg, 20–30mmHg, 30–40mmHg

Style Sheer hosiery offers fashionable sheerness you can feel comfortable in, making it ideal for dress and professional wear.

**Best suited for** management of early stages of chronic venous disease, pre- and post-vein treatment with minimal edema, patients who prefer fashionable options, ideal for business or dress.

**Closed & open toe:** calf, thigh-high w/grip-top, pantyhose, maternity pantyhose (20–30mmHg only)

15–20 & 20–30  
69% Nylon,  
31% Spandex

30–40  
60% Nylon,  
40% Spandex  
(content can vary slightly by style)

### Microfiber (820) For Men

15–20mmHg, 20–30mmHg, 30–40mmHg

Style Microfiber socks offer microfiber softness for your professional and everyday wear.

**Best suited for** management of early stages of chronic venous disease, patients who prefer fashionable options, men with larger feet, long-distance travel.

**Closed toe:** calf, calf w/grip-top, thigh w/grip-top

87% Nylon,  
13% Spandex  
(content can vary slightly by style)

### Microfiber Patterns (830)

For Women & Men

20–30mmHg

Style Microfiber Patterns socks combine ultimate comfort with a variety of fashionable colors and designs to spice up your wardrobe.

**Best suited for** management of symptoms related to chronic venous disease, patients who prefer fashionable options, long-distance travel.

**Closed toe:** calf

87% Nylon,  
13% Spandex

### Soft Opaque (840) For Women & Men

15–20mmHg, 20–30mmHg, 30–40mmHg

Style Soft Opaque hosiery blends a fashionable opaque look with long-lasting microfiber softness for your professional and everyday wear.

**Best suited for** management of early stages of chronic venous disease, pre- and post-vein treatment with minimal edema, patients who prefer fashionable options, pregnancy, long distance travel.

**Closed toe:** calf, calf w/grip-top (20–30mmHg only) thigh-high w/grip-top, pantyhose, maternity pantyhose (20–30mmHg only)

**Open toe:** calf, thigh-high w/grip-top, pantyhose

79% Nylon,  
21% Spandex  
(content can vary slightly by style)

### Cotton (230)

For Women & Men  
20–30mmHg, 30–40mmHg

Essential Cotton combines all-day cotton comfort and a classic ribbed design that is ideal for sensitive skin.

**Best suited for** containment of various types of edema, including venous edema, phlebolympheema, and early stages of lymphedema, ideal for dress or casual shoes, ideal for long-distance travel.

**Closed toe:** calf, calf w/grip-top, thigh-high w/grip-top

**Open toe:** calf, calf w/grip-top, thigh-high w/grip-top

50% Nylon,  
25% Spandex,  
25% Supima® Cotton  
(content can vary slightly by style)

### Opaque (860) For Women & Men

20–30mmHg, 30–40mmHg

Essential Opaque offers durability you can trust in our largest range of sizes, making it your go-to choice for everyday hosiery.

**Best suited for** containment of various types of edema including venous edema, phlebolympheema, and early stages of lymphedema; post-vein treatment including thermal and non-thermal techniques, patients looking for petite and plus-sized options.

**Closed toe:** calf, petite calf, calf plus, calf w/grip-top, thigh w/grip-top, petite thigh-high w/grip-top, extra large thigh w/grip-top, pantyhose, petite pantyhose, plus-sized pantyhose

**Open toe:** calf, calf plus, calf w/grip-top, thigh w/grip-top, extra-large thigh w/grip-top, thigh-high w/waist attachment

64% Nylon,  
36% Spandex  
(content can vary slightly by style)

Specialty

Motion

**Natural Rubber (500)** For Women & Men  
30–40mmHg, 40–50mmHg, 50–60mmHg

Natural Rubber offers patients a durable, long-term containment solution for compression therapy with minimal fiber fatigue throughout the day.

**Best suited for** severe varicosities, chronic edema post DVT, severe venous stasis, prevention of ulcer recurrence, early stages of lymphedema, active venous ulcers.

**Open toe:** calf, thigh-high, thigh w/grip-top, thigh-high w/waist attachment, pantyhose

**Calf & Thigh-high styles**  
70% Nylon, 30% Natural Latex Rubber

**Pantyhose style**  
75% Nylon, 20% Natural Latex Rubber, 5% other fibers

Caution: contains natural rubber latex that may cause allergic reaction

**Diabetic Compression Socks (602)**

For Women & Men 18–25mmHg

Diabetic Compression Socks are the only patented, clinically-proven graduated compression socks constructed for people with diabetes.

**Best suited for** individuals with diabetes and symptoms related to chronic venous disease and leg edema, individuals with peripheral neuropathy and small vessel disease

**Closed toe:** calf

76% drirelease® Polyester (65% Polyester, 11% Cotton) 19% Nylon, 5% Spandex

**Anti-Embolism Stockings (930)**

For Women & Men 18–23mmHg

Anti-Embolism Stockings are optimal for post-operative care and for combating Deep Vein Thrombosis (DVT) while on bed rest.

**Best suited for** individuals needing post-operative compression, bed rest, temporary use when transitioning from recovery to early rehabilitation

**Open toe:** calf, thigh-high

71% Nylon, 29% Spandex (content can vary slightly by style)

**Cushioned Cotton (360)** For Women & Men  
20–30mmHg

Motion Cushioned Cotton is soft and breathable with a padded sole for optimal comfort, and is ideal for sensitive skin.

**Best suited for** management of CVD symptoms, people who stand for prolonged periods of time, patients with sensitive toes, work shoes and boots, casual shoes and sports shoes.

**Closed toe:** calf

64% Supima Cotton, 28% Nylon, 8% Spandex

**High Tech (412)** For Women & Men  
20–30mmHg

Motion High Tech delivers optimal comfort where it counts with an anatomically- contoured shape and a cushioned sole.

**Best suited for** management of symptoms related to chronic venous disease, people who stand on their feet all day, walking and everyday activities, casual and occupational footwear.

**Closed toe:** calf

64% Nylon, 17% Polyester, 19% Spandex

**Thermoregulating Merino Wool (422)**

For Women & Men 20–30mmHg

Motion Thermoregulating Wool combines the benefits of natural Merino wool with cushioned soles, making it ideal for wherever the road takes you!

**Best suited for** management of symptoms related to chronic venous disease, people who stand on their feet all day, work boots, steel-toed shoes, and most occupational footwear

**Closed toe:** calf

67% Fine Merino wool, 26% nylon, 7% spandex

**Comfort (850)** For Women & Men  
20–30mmHg

Motion Comfort offers cushioned soles and moisture wicking to keep your legs feeling energized all day long.

**Best suited for** management of symptoms related to chronic venous disease, healthcare professionals, uniforms requiring black or solid color, individuals working in physically-demanding occupations.

**Closed toe:** calf

86% Nylon, 14% Spandex

# SIGVARIS WELL BEING

## NATURAL FIBERS

### CASUAL COTTON (146/186) *For Women & Men*

15–20mmHg

Made with premium Supima® cotton for optimum softness and durability, flat, low-friction toe seam

**Best suited for** Tired, heavy, restless, aching legs, prophylaxis (travel, occupational risk, pregnancy, family history), and comfort

**Closed toe:** calf

66% Supima® Cotton,  
26% Nylon, 8% Spandex

### CUSHIONED COTTON (142/182) *For Women & Men*

15–20mmHg

Thick, padded sole & heel to protect feet, flat, low-friction toe seam, ideal for everyday wear and for sensitive skin.

**Best suited for** Tired, heavy, restless, aching legs, prophylaxis (travel, occupational risk, pregnancy, family history), and comfort

**Closed toe:** calf

68% Supima® Cotton,  
25% Nylon, 7% Spandex

### SEA ISLAND COTTON (151/191) *For Women & Men*

15–20mmHg

Made with world's rarest cotton, breathable and comfortable for sensitive skin, ideal for travel & everyday wear.

**Best suited for** Tired, heavy, restless, aching legs, prophylaxis (travel, occupational risk, pregnancy, family history), and comfort

**Closed toe:** calf

43% Sea Island Cotton,  
39% Nylon, 11% Spandex,  
7% Supima® Cotton

### ALL-SEASON MERINO WOOL (152/192) *For Women & Men*

15–20mmHg

Soft, comfortable, itch-free, odor resistant and thermoregulating for year-round wear keeps feet dry.

**Best suited for** Tired, heavy, restless, aching legs, prophylaxis (travel, occupational risk, pregnancy, family history), and comfort

**Closed toe:** calf

53% Australian  
Merino Wool,  
38% Nylon, 9% Spandex

## OPAQUE

### MICROFIBER SHADES (143/183) *For Women & Men*

15–20mmHg

Advanced microfiber technology for ultimate comfort, soft & durable sock for everyday wear.

**Best suited for** Tired, heavy, restless, aching legs, prophylaxis (travel, occupational risk, pregnancy, family history), and comfort

**Closed toe:** calf

87% Nylon,  
13% Spandex

### SOFT SILHOUETTE LEGGINGS (170) *For Women*

15–20mmHg

Stylish subtle ribbed design looks chic and pairs perfectly with dresses, blouses, tunics and shirts. Foldable, comfort-stretch waist band provides a seamless look for all-day wearing comfort. Advanced soft stretch microfiber fabric shapes legs and smooths skin.

**Best suited for** Tired, heavy, restless, aching legs, prophylaxis (travel, occupational risk, pregnancy, family history), and comfort

**Open foot:** legging, hipster, maternity

83% Nylon,  
17% Spandex

### BUSINESS CASUAL (189) *For Men*

15–20mmHg

Classic ribbed look for everyday wear, stretchable toe fabric & heel design create comfort and durability. (For men only)

**Best suited for** Tired, heavy, restless, aching legs, prophylaxis (travel, occupational risk, pregnancy, family history), and comfort

**Closed toe:** calf

88% Nylon,  
12% Spandex

## SHEER

### SHEER FASHION (120) *For Women*

15–20mmHg

Double-covered spandex yarns for optimum comfort and durability, easy to put on and remove. (For women only)

**Best suited for** Tired, heavy, restless, aching legs, prophylaxis (travel, occupational risk, pregnancy, family history), and comfort

**Closed toe:** calf, thigh-high w/grip-top, pantyhose, maternity pantyhose

**Open toe:** calf

79% Nylon,  
21% Spandex  
(content can vary slightly by style)

## SPECIALTY

### EVERSOFT DIABETIC SOCKS (160) *For Women & Men*

8–15mmHg

A soft, comfortable way to promote diabetic wellness.

**Best suited for** Tired, heavy, restless, aching legs, prophylaxis (travel, occupational risk, pregnancy, family history), and comfort

**Closed toe:** calf

67% drirelease®  
(57% Polyester, 10% Cotton), 26% Nylon,  
7% Spandex

## ACTIVE

### ATHLETIC RECOVERY SOCKS (401) *For Women & Men*

15–20mmHg

Promotes lactic acid flush-out and relieves muscle soreness, drirelease provides moisture wicking and odor control.

**Best suited for** Post workout recovery, mild athletic activity, walking

**Closed toe:** calf

67% drirelease® polyester,  
26% nylon,  
7% spandex

### PERFORMANCE SLEEVES (412) *For Women & Men*

20–30mmHg

Stabilizes and diminishes vibrations of active muscles for faster regeneration, fabric won't deteriorate in salt, chlorine, or fresh water.

**Best suited for** Running & triathlons, endurance sports, cross fit, gym workouts, team sports

**Open foot sleeve**

75% Nylon,  
25% Spandex

### MERINO OUTDOOR SOCKS (421) *For Women & Men*

15–20mmHg

Comfortable all-season itch-free wool is odor resistant, cushioned, padded soles protect against blisters.

**Best suited for** Hiking, fishing, hunting, post workout recovery, outdoor sports, walking

**Closed toe:** calf

67% Fine Merino wool,  
26% nylon,  
7% spandex

## Suggested Compression Dosage

SYMPTOMS / INDICATIONS	COMPRESSION LEVEL AT THE ANKLE
<ul style="list-style-type: none"> <li>▪ Tired, achy legs</li> <li>▪ Occupational or evening edema</li> <li>▪ Leg discomfort from long hours of standing or sitting</li> <li>▪ Prevent varicosities &amp; swelling during pregnancy</li> <li>▪ Preventative for legs predisposed to risk</li> <li>▪ Reduce swelling during travel</li> <li>▪ Prevent DVT during travel</li> </ul>	<b>15–20mmHg</b>
<ul style="list-style-type: none"> <li>▪ Diabetics who experience edema (see Cautions below)</li> </ul>	<b>18–25mmHg</b>
<ul style="list-style-type: none"> <li>▪ Heavy, fatigued, aching legs</li> <li>▪ Mild edema in lower extremities</li> <li>▪ Mild varicosities with minimal edema</li> <li>▪ Mild varicosities during pregnancy</li> <li>▪ Lymphedema upper extremities</li> <li>▪ Post-procedure of small veins</li> <li>▪ Prevention or management of DVT</li> </ul>	<b>20–30mmHg</b>
<ul style="list-style-type: none"> <li>▪ Moderate varicosities with mild to moderate edema (also during pregnancy)</li> <li>▪ Post-procedure of larger veins to maintain treatment success</li> <li>▪ CEAP C3 (edema), C4 (skin changes without ulceration), C5 (skin changes with healed ulceration), C6 (skin changes with active ulcerations)</li> <li>▪ Management and treatment of DVT or Post-Thrombotic Syndrome</li> <li>▪ Superficial phlebitis</li> <li>▪ Lymphedema after decongestant therapy to maintain reduction</li> <li>▪ Orthostatic / postural hypotension</li> <li>▪ Post-fracture, post-traumatic edema</li> </ul> <p data-bbox="84 1224 605 1272"><i>Note: A prescription is recommended for stockings with the indications of 30mmHg or higher</i></p>	<b>30–40mmHg</b>
<ul style="list-style-type: none"> <li>▪ Lymphedema after decongestant therapy to maintain reduction</li> <li>▪ Severe Post-Thrombotic Syndrome</li> <li>▪ Severe varicosities and/or edema</li> </ul>	<b>40mmHg or higher</b>
<ul style="list-style-type: none"> <li>▪ Severe arterial insufficiency, intermittent claudication, ischemia</li> <li>▪ Uncontrolled congestive heart failure</li> </ul>	<b>Contraindications</b>
<ul style="list-style-type: none"> <li>▪ Skin sensitivities or allergies</li> <li>▪ Advanced neuropathy with sensory loss in leg or foot</li> <li>▪ Diabetes with arterial compromise</li> <li>▪ Confinement to bed or non-ambulatory use unless otherwise prescribed by the physician</li> <li>▪ Eczema, hypodermatitis, dermatosclerosis, dermatitis</li> </ul>	<b>Cautions</b>

The therapeutic effect of graduated compression stockings is based on the compression level.

*No liability accepted for non-observance of contraindications and cautions.*

Fronek HS, Bergan JJ, et al. The Fundamentals of Phlebology: Venous Disease for Clinicians. 2004. pg 151. Blaettner, et al. Leg Symptoms of Healthy People and Their Treatment with Compression Hosiery. Phlebology 2008. Compression therapy of the extremities. Partsch, Rabe, Stemmer. ISBN: 2.85480.770.7.

# Measuring Guide for Circular Knit Compression

Please follow these instructions carefully to determine the correct size for different product styles.

Measurements should always be taken in the following order, and as soon after waking as possible when swelling is minimal.

## CALF STYLE

Open/Closed Toe

<b>1</b>	Measure the ankle circumference at the narrowest part of the ankle, above the ankle bone. Use the appropriate series sizing chart to determine if ankle is SMALL, MEDIUM, LARGE or X-LARGE. <b>Note: This should be your first measurement.</b>
<b>2</b>	Measure the calf circumference at the fullest part of the calf.
<b>3</b>	Determine the calf length by measuring from the floor up to the fibular head. This measurement is taken on the outside of the leg.



**1.** Ankle circumference directly above ankle bone



**2.** Calf circumference at fullest part of the calf

## PANTYHOSE AND THIGH-HIGH STYLE

Open/Closed Toe

<b>1</b>	Measure the ankle circumference directly above the ankle bone. Use the appropriate series sizing chart to determine if ankle is SMALL, MEDIUM, LARGE, or X-LARGE. <b>Note: This should be your first measurement.</b>
<b>2</b>	Measure the calf circumference at the fullest part of the calf.
<b>3</b>	Skip Step 3 (but refer to General Guidelines #6 below).
<b>4</b>	Measure the thigh at its widest circumference.
<b>5</b>	Determine the leg length by measuring from the floor up to the gluteal fold.
<b>6</b>	Determine the hip circumference by measuring the widest part of the hips.



**3.** Calf length from the floor to the fibular head



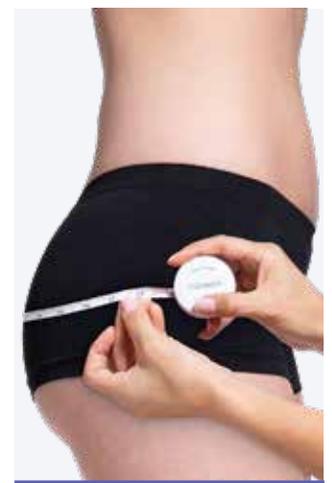
**4.** Widest circumference of the thigh

## GENERAL GUIDELINES

<b>1</b>	Measurements should always be taken as soon after waking as possible, when swelling is minimal.
<b>2</b>	Measure against bare skin, not over clothing.
<b>3</b>	The measuring system is based on having the foot flat against the floor and the calf or leg at a right angle to the foot (see images to the right for examples).
<b>4</b>	Measurements should be taken by pulling the tape around the leg so that it is snug but not constricting.
<b>5</b>	Length measurements should be taken from the ground up.
<b>6</b>	Take all measurements, even if the patient only requires calf-length products, as the patient might decide at a later date to purchase additional styles.



**5.** Leg length from the floor up to the gluteal fold



**6.** Circumference at the hip

# Measuring Guide for Compression Wraps

sigvaris

## Compreflex® Transition Calf

Adjustable Velcro wraps are a flexible option that can be applied to one or both legs. Each wrap is sold separately unlike the socks and hosiery that are sold as pairs. They are great option for those with limited mobility or just need the convenience of a wrap that they can re-adjust throughout the day. Each wrap comes with a pair of transition sock liners to apply compression to the foot.



## Calf & Foot Measurements

### Circumferences(A,B,C,C1):

Measure circumferences where indicated by the black dots, beginning with the dot 5cm above the **Lateral Malleolus** (outer ankle bone), continue to the 15cm, 25cm and 30cm dots. Record in the corresponding lines **A, B, C, C1** (left/right).

### Length(G):

Measure length from the Lateral Malleolus (outer ankle bone) to lateral aspect of the **Fibular Head**, and record in box **G**.

### Foot:

Measure circumference of ankle bend and heel and record on line **I**. Measure circumference across metatarsal heads and record on line **J**. Measure length on medial side of foot from heel to 1st metatarsal head and record on line **K**.

### Circumference

Left    Right

C1 \_\_\_\_\_

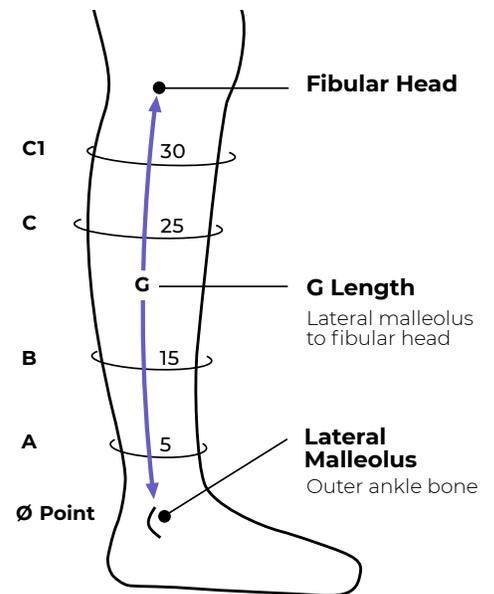
C \_\_\_\_\_

B \_\_\_\_\_

A \_\_\_\_\_

G \_\_\_\_\_

**G Length**  
Regular: 30–33.9cm  
Tall: 34–42cm



Compreflex Transition Calf Size Chart (A–C1, G)

	Small	Medium	Large	X Large	XX Large
C1	29–39cm	34–44cm	40–50cm	46–56cm	54–64cm
C	29–39cm	34–44cm	40–50cm	46–56cm	54–64cm
B	24–34cm	29–39cm	34–44cm	39–49cm	44–55cm
A	19–26cm	21–30cm	26–36cm	31–41cm	36–46cm
G	Regular 30–33.9cm				
	Tall 34–42cm				

# Stocking Application and Wear and Care

Be sure legs are dry. Never gather the stockings or pull from the top band. A proper fit results in proper therapy.

## CLOSED TOE STOCKINGS



Img. A



Img. B



Img. C



Img. D

**1)** Fold the garment down over the heel dividing the length of the stocking in half, to get your foot and heel easily in place. Remember, do not bunch or gather the stocking. *(Img. A)*

**2)** Step into the stocking and gently pull until your foot is in place. *(Img. B)*

**3)** Carefully move the fabric in an upward direction.

Once your heel is in place, unfold the stocking upward and gently smooth out the fabric by moving it with light pinching and pulling. *(Img. C)*

**4)** The top band should be approximately two fingers width from the right-angle bend on calf length.

stockings. *(Img. D)* For thigh-highs, position the stocking comfortably on the upper thigh.



Img. E



Img. F



Img. G



Img. H

**5)** For the open toe styles only, use the SIGVARIS Foot Slip. Never gather the stocking prior to donning. *(Img. E)*

**6)** Leave the stocking fully-extended. Pull the stocking up over the foot past the ankle. *(Img. F)*

**7)** Ease the stocking over the foot, then over the heel and then up the leg. Make sure the heel is in place first. Once your heel is in place, gently smooth out the fabric by moving it in an upward direction. Remove Foot Slip by gently pulling it out of the open toe area of the stocking. *(Img. G)*

**8)** For open toe styles, the foot band of the stocking should be placed at the base of the toes. The toes should remain free. For calf length style, the top band should be approximately one inch (two finger lengths) below bend of knee. *(Img. H)*

## OPEN TOE STOCKINGS

Remove stockings before going to bed, unless otherwise advised by a physician.

**9)** Take hold of the stockings or socks at the top band and peel downwards past the ankle. Bunching makes removal difficult. *(Img. I)*

**10)** With the flat of the hand, work the stocking over the heel and remove. *(Img. J)*

## TO REMOVE



Img. I



Img. J

## CARE RECOMMENDATIONS

Hand or machine wash on gentle cycle using warm water and a mild detergent or use SIGVARIS Washing Solution.

No bleach. No fabric softeners or dryer sheets. To protect

the garment during washing, we recommend using a lingerie bag. May tumble dry on low heat or delicate setting.

Do not iron. **If silicone bands have lost their hold, hand wash with soap and hot water (105° Fahrenheit) to restore their grip.**



# Guide to Compression

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