

Althea's Footwear Solutions, Inc.

Althea's Footwear Solutions

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Althea's Footwear Solutions

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COMPRESSION GARMENTS CARE INSTRUCTIONS

You have been fit with a compression garment that your health care provider prescribed.

HOW DO I PUT THE COMPRESSION GARMENT ON?

- 1.) Turn the garment inside out just past the heel, creating a pocket for your toes.
- 2.) Put the toes in first.
- 3.) Using both hands, gather the material from the top to just before the heel.
- 4.) In one motion, stretch material apart and around heel. If you cannot get all materials, start with the top and stretch a couple inches at a time past the heel until you get the entire amount. Do not pull from the top band; reach into the material several inches. Make sure the heel in the fabric is in the correct position with your heel and do not stretch past.
- 5.) Pull up limb until smooth (no baggy wrinkles). Knee high should sit just below the fold of the back of your leg. Do not stretch materials past fold of leg.
- 6.) Put stockings on in the morning, remove before bed. **DO NOT SLEEP IN THEM**, unless instructed by your healthcare provider. Make sure area is dry and avoid lotion just prior to putting them on.
- 7.) **DO NOT ROLL THIS GARMENT OFF. DOING SO MAKES A TIGHT RUBBER BAND.**

WASHING INSTRUCTIONS

Best way is to wash them by hand in your sink, using liquid hand soap. Rinse, ring them out and hang over shower rod to dry. You can machine wash in cold water, let them air dry. Do not put in dryer as this will break down materials. For best results use lanolin free soap and lotion.

REPLACEMENT INSTRUCTIONS

Each garment is designed for approximately 90 wears. They typically last longer if you have two pairs and alternate them every other day. Most manufactures defects will be taken care of in a manner appropriate for the defect. Excessive wear or abuse is the responsibility of the patient.

WHEN SHOULD I CALL ALTHEA'S FOOTWEAR?

- 1.) If the garment is irritating your skin.
- 2.) If your leg feels like it has hot burning pressure in one spot.
- 3.) If the garment is causing pain.

If any of the above, remove garment and come in at once.

**EMERGENCY CONTACT: Althea@Altheas.net
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