

HealthyLegs Compression Socks

Material: 80% Nylon, 20% Elastane

Sizes: S, M, L, XL. See details overleaf.

Product codes: See overleaf

Washable: Machine washable up to 60C. No bleach products to be used. Do not iron. Do not dry clean. Do not tumble dry. Wash dark colours separately. Store away from direct sunlight. Dry flat, line drying recommended.

Notes: Latex-free unisex socks.



Compression socks size chart

	Ankle circumference (*)
Small	18-22cm or 7-9 inches
Medium	23-25cm or 9-10 inches
Large	26-28cm or 10-11 inches
Extra large	29-32cm or 11.5-13 inches

Please note that manufacturer's tolerances of up to 1cm apply to sizing.

Product codes

Please quote the correct product codes when ordering.

	Product codes (MPC)
Small	SK801SML-----NVYN80
Medium	SK801MED-----NVYN80
Large	SK801LGE-----NVYN80
Extra large	SK801XLG-----NVYN80

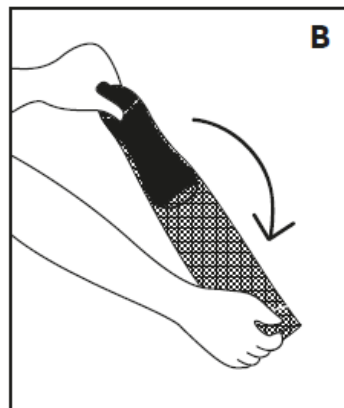
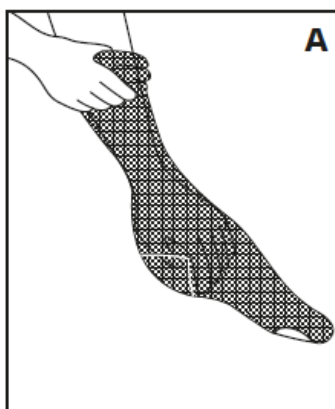
Warnings

- If between sizes, use the larger size.
- If unsure consult a qualified person to assist and check the fitting.
- Put on carefully to ensure that the inspection hole is below the toes and the heel patch is under the heel.
- Check the stocking fitting daily
- Remove daily for a maximum of 30 minutes at a time.
- Do not turn down the top band of the sock during use since this can prevent blood flow.
- To avoid rips and tears never pull the top of the sock.
- Be careful with fingernails to avoid damage to the fabric.

How to wear compression socks

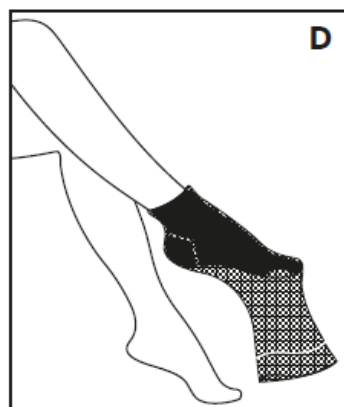
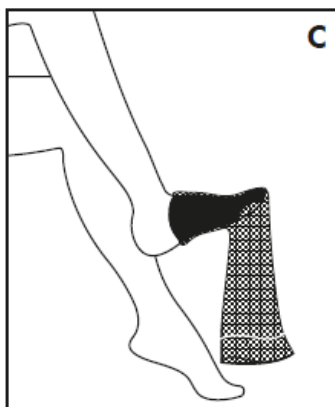
Step by Step

(A) Insert hand into stocking and grasp the heel patch



(B) Pull the upper half of the stocking inside out to the heel, creating a pocket for the foot

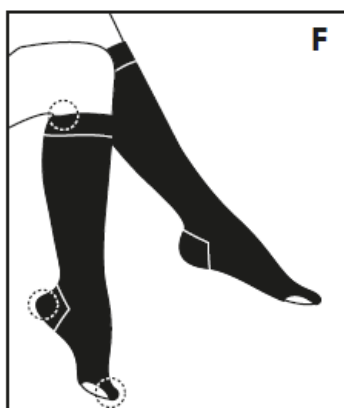
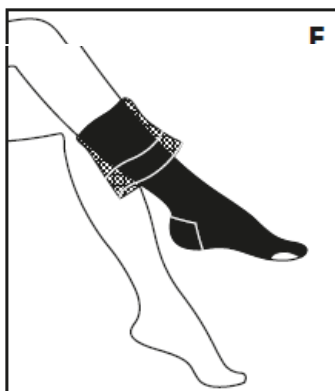
(C) Carefully place stocking over the foot, ensuring toes are well located



(D) Gently grasp the upper half of the stocking and slide this over the foot towards the heel, ensuring heel patch is under the heel. Smooth out wrinkles in stocking by pulling the toe section forward

Ensure the inspection hole is located under the toes and the ends of the toes are not exposed.

(E) With both hands, draw the stocking over the calf and towards the knee while smoothing out any wrinkles in the material



(F) Stocking should finish just below the back of the knee, not in the bend. Check again the heel patch is under the heel and the inspection hole under the toes

Tips for putting on compression socks

Apply compression stockings at the beginning of the day when legs are least swollen.

Ensure the legs are fully dry before applying the socks.

Sit in a chair with a back to support you while you put the socks on.

Rubber gloves (or a Stocking Slider) are recommended for improving grip and smoothing wrinkles in the material.

Tips for removing compression socks

Pull the upper half of the stocking down the calf and over the heel and foot, turning inside out.

Once removed, turn the sock the right way out ready for the next use.