

Stay home and sigvaris

Get Your SOCK On!

Putting graduated compression socks on can be tricky. To help you easily wear your compression garments, just remember these pro tips:

Start your day by putting on your compression garment first thing in the morning. This will help maintain the decreased swelling you achieved by resting your legs overnight.

Only apply socks to dry, clean legs, after moisturizers and lotions have dried. Any products on your skin can make it difficult to work a compression stocking up your leg.

Change the way you put on your garment – don't bunch or gather your compression sock as this will make it more difficult to put on.

Keep your socks free from wrinkles by using Sigvaris gloves to work the stocking up your leg.

Scan this code



Watch a video showing how to put on and take off closed toe stockings: bit.ly/sigctdon

We hope these tips help you put your graduated compression socks on with ease! If you have any questions, please reach out to Customer Care: **1-800-322-7744, ext. 1.**

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Be yourself.

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