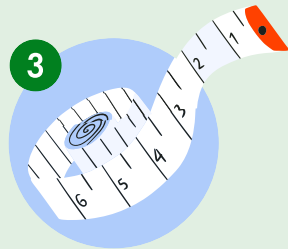


Step-by-step plan compression socks



You need compression socks

 Referral from a General Practitioner or Specialist

You leg will be bandaged

 By a Community Nurse

Your leg won't be bandaged

Your compression socks will be fitted

 A Compression Therapist* will assess whether you can put on the compression socks independently, with a caregiver, and/or with a slide bag.

 * By a Compression Therapist

You can't put them on yourself

 If you can't do it alone, ask someone to practice with you and check the tools overview.

You can put them on yourself

Possibly with the help of a caregiver or slide bag.

Occupational Therapist selects the right tool for you

 Bring your practice buddy to the appointment

 With the Occupational Therapist

You will practice with your compression socks, the tool and your buddy

 Together with your buddy

Every day you will put on and take off your compressions socks yourself

*The term Compression Therapist is sometimes also referred to as Bandagist or Fitter.

**In some organisations, the Community Nurse will select the tool and will temporarily help with practicing.