

Practical tips for every day



Warm weather? Keep wearing them!

During warm weather, your body retains extra fluid. So wearing your socks is extra important.

Tip: put them on in the morning, before your legs swell.



No body moisturiser before putting them on

Preferably do not use body moisturiser or oil just before putting on your socks - this will make them slippery and difficult to handle. If you have dry skin, it is best to apply body moisturiser in the evening after taking off the compression socks.



Wash your socks regularly.

Wash your socks every 1 to 2 days in a laundry bag at 30°C. This keeps them elastic and hygienic.



Check the shelf life

Socks usually last a year. The cuff often has a production date. Replace them on time!

