Helpful hints for putting on JOBST® Hosiery

Wearing JOBST® Hosiery every day...

It’s important to remember to wear your JOBST compression garments every day. Wearing your JOBST compression garments will deliver the medical therapy your physician recommends.

The following tips will help you put on your garments easily.

- Feet and legs should be completely dry.
- Remove rings and jewelry that might snag your hosiery.
- As you put on your hosiery, don’t “gather” or “bunch up” the fabric in the foot. In a compression garment, this “bunching up” is like putting 100 rubber bands together. It’s difficult to slip your foot through the narrow opening.
- Use gloves to help create friction and provide grip.
- Spread the fabric evenly – working upward.
- Use a moisturizing crème after you take off your JOBST hosiery.
3 Easy Methods for putting on your JOBST® Hosiery

**“Heel Pocket Out” Method**

1. Reach inside the stocking to **pinch the heel**.
2. While holding onto the heel, turn the fabric of the stocking inside out.
3. Open the stocking and **slide your foot in** until your toe and heel are in the foot.
4. Once the heel is in place, grasp the fabric below the band and **pull it up over your heel and ankle**.
5. Work the stocking up the length of your leg, smoothing out the wrinkles as you go.

**“Pull On” Method**

1. Grasp the stocking at both sides of the top.
2. Pull onto your foot and up the leg as far as possible.
3. Grasp the stocking on both sides again and pull up as far as possible. Fold the excess fabric back down onto your leg rather than allowing it to bunch or roll.
4. Grab the stocking at the top and pull out the fold.
5. Repeat until the heel is in place.

**JOBST Stocking Donner**

1. Place your JOBST hosiery inside the semi-circle frame and pull the top on the stocking down over the semi-circle. The heel of the stocking must face the back of donner.
2. Continue to slide the stocking down over the semi-circle until the heel is centered and even with the top of the semi-circle.
3. While sitting or standing (which ever is more comfortable), insert your foot into the stocking until your foot is on the floor.
4. Grasp the padded handles and gently pull the JOBST Stocking Donner – with the stocking – up toward you. Continue this upward movement until the stocking is above the calf.
5. Once the donner is free of the stocking, put it aside.
6. Be sure the heel of the stocking is positioned correctly on the foot. Then adjust the length and smooth out any wrinkles by stroking with the palm of your hands.

**JOBST Medical LegWear** offers you a variety of fashionable products from which to choose. Try JOBST today to experience comfort, Health and style!