

Use and Care of gctech™ Compression Garments

Wearing compression socks:

- 1 Put both thumbs in to the sock as far as the heel pocket stretching the ankle area to allow your foot to pass into the sock
- 2 The centre of your heel should be over the designated heel pocket
- 3 Pull the sock up and fit it around your ankle and up to the calf. Ensure that the top of the sock lies just below the knee
- 4 Smooth out any excess material, once again making sure the heel is in the heel pocket
- 5 They will feel tight to begin with. After several minutes wearing them, this feeling will diminish and the socks will feel very comfortable to wear

Pitfalls to avoid and problems to look out for:

- 1 Do not roll the socks down as they might form a tight band around the leg. This can negate the benefit of wearing the socks
- 2 Avoid using ointments, oils, or lanolin on the skin as these can damage the socks' elastic fibres
- 3 If a rash develops, it could mean that you have an allergy to the elastic fibres in the socks. Remove the socks and discard
- 4 Be alert to numbness, or pins and needles in the feet. This could be a sign that the socks are too tight

Washing instructions:

- 1 Wash socks either by hand, or in a machine up to 75°C. Do not use bleach
- 2 DO NOT tumble dry, or place on a radiator, just leave to dry naturally

enjoy the benefits of gctech™ compression!

