

Step-by-step guide for compression stockings



You need compression stockings

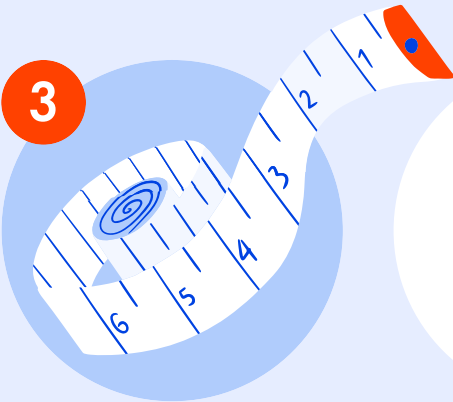
Referral from a general practitioner or specialist



Your leg is bandaged

By community nursing

Your leg is not bandaged



Your compression stockings are being fitted



A compression therapist will assess whether you can put on the compression stockings independently with the help of a caregiver and/or a sliding sock.*

by compression therapist*

You cannot put them on by yourself



If you are unable to do this independently, consider who you could ask to practice with temporarily and review the [aids overview](#).

You can put on the compression stockings yourself

Possibly with the help of a caregiver or a sliding sock.



The occupational therapist selects the appropriate tool



Bring your practice partner to the appointment.

Together with the occupational therapist



You practice with the compression stocking, tool, and practice partner

Together with practice partner



You put on and take off your compression stockings by yourself every day

*For the term compression therapist, the titles "bandagist" or "fitter" are sometimes also used.