

Compression Sock

1. Wear your compression sock for as much of the day as possible, but not at night.
2. Remove the compression sock if you experience any tingling ('pins and needles'), or pain.
3. Make sure your compression sock is pulled well up and there are no wrinkles or creases.
4. Do not wear the compression sock under your artificial leg.

Washing instructions.

- Hand or machine wash. Use a gentle/delicate cycle with a mild detergent at a maximum of 40°C.
- Avoid using fabric softeners.
- Do not wring the sock out.
- After washing, roll the sock in a towel, firmly press out excess water and allow it to air-dry. Do not place the sock in direct heat, e.g. on a radiator or in direct sun
- Do not tumble dry.

If you have any questions please contact us at;

**Disablement Services Centre
Rehabilitation Department
Lower Ground Floor
Cumberland Infirmary
Carlisle
CA2 7HY
Tel: (01228) 814783**

Mon – Friday: 08:30 – 16:30

Confidentiality

‘The Trust’s vision is to keep your information safe in our hands.’

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the [Subject Access Coordinators](#)
SACCIC@ncuh.nhs.uk or SACWCH@ncuh.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the PALS team (Patient Advice and Liaison Service) on 01228 814008 between 10.30 and 4.30 Monday to Friday or email PALSCIC@ncuh.nhs.uk.

If you would like this factsheet in another language or format, for example Braille, large print or audio the PALS team will be able to assist you (contact details above)

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