

Chapter 17

DRESSING AND UNDRESSING

PROCEDURE FOR APPLYING ELASTIC STOCKINGS:

NOTE: ELASTIC STOCKINGS ARE NOT THE SAME AS ELASTIC BANDAGES (ACE WRAPS) OR JOBST STOCKINGS. THE IN-HOME AIDE IS NOT PERMITTED TO APPLY EITHER OF THESE PRODUCTS.

1. Wash your hands.
2. Gather necessary stockings.
3. Explain what you are going to do.
4. Provide privacy.
5. With the client lying down, expose one leg at a time.
6. Grasp stocking at top with both hands and fold toward toe end with raised seams on the outside.
7. Adjust over the client's toes with opening at base of toes.
8. Apply stocking by folding upward toward the body.
9. Check to be sure the stocking is applied evenly and smoothly, without wrinkles. Avoid pulling hair on the client's legs.
10. Repeat procedure on opposite leg.
11. Wash your hands.
12. To remove elastic stockings, gently slide the stocking down the legs, over the heels, and then remove. Be careful to avoid damaging the skin or pulling the client's hair. When removing elastic stockings, observe the skin on the client's legs and feet and report anything unusual to the supervisor/nurse.

NOTE: STOCKINGS SHOULD BE WASHED IN MILD SOAP AND HUNG TO DRY PER CLIENT'S OR SUPERVISOR'S DIRECTION.