



COMPRESSION SOCKS  
FAQ

## What are compression socks?

Compression socks are designed for compression therapy; exerting gentle pressure to calves, ankles, and feet. They are often used to treat venous disease and edema, and can boost blood circulation.

## Who can benefit from wearing compression socks?

Anyone who spends prolonged periods of time standing, sitting, traveling on airplanes or in vehicles, or anyone who experiences heavy, achy or restless legs should wear compression socks every day. You don't need visual signs of vein disease to enjoy the benefits of compression therapy.

## Why do women wear compression socks during and after pregnancy?

Compression therapy is often recommended to pregnant women in order to prevent symptoms such as heaviness and tension in the legs as well as swollen ankles/feet. Wearing compression socks promotes blood circulation and alleviates discomfort in the legs. Depending on your specific medical conditions, your doctor may suggest that you continue wearing compression products postpartum.

## How can compression socks help my varicose veins?

Compression socks are designed to promote circulation, helping the blood flow back toward the heart. This increased circulation is known to help with varicose veins. As with every medical condition, we recommend that you seek the advice of a physician before wearing compression.

## What is the best way to put on and take off my compression socks?

To pull on your compression socks with ease, place just your toes into the socks's toe area. The rest of the sock will be bunched up around the toes as you do this. Gradually unravel the sock upwards towards your knee. It is best to sit in a chair while putting on your socks.





## **How do I know if I need 20-30 mmHg?**

Compression levels are indicated with a range of numbers like “20-30 mmHg”, which means that the amount of compression will not fall below 20 mmHg and not exceed 30 mmHg. Socks rated 20-30mmHg can cover you through your pregnancy. From the beginning stages, where you may only be experiencing mild swelling or tired achy legs, to the later stages, where you may have more moderate to heavy swelling of the ankles/feet. However, we recommend discussing your condition and needs with your physician before selecting a compression level, especially while pregnant.

## **How should my legs/feet feel when I am wearing compression socks?**

Compression socks should feel good, and not tight or uncomfortable; like applying slight pressure to a sore muscles.

## **How long should compression socks be worn?**

Most healthy people can benefit from wearing compression all day long, especially a lower level of compression. If you are choosing to wear compression to treat a certain medical condition, or if you have any diagnosed medical conditions, you should seek the advice of a physician before wearing compression.

## **How long do compression socks last?**

It is recommended that compression products be replaced every 6 months as compression can break down with normal wear and care.

## **Can I sleep in them?**

Please consult with a physician before sleeping in compression socks.

## **How should these socks be washed and dried?**

Hand wash in lukewarm or cold water with a mild detergent. This will keep your products looking good as new! Do not bleach, as it will degrade the fibers and cause the socks to break down faster.

## **How often should I wash my socks?**

You should wash your socks after each wear, if wearing all day. If not wearing for a full day, you can likely wash less often. Determine by how soiled the socks are after each wear.

## **Do the socks shrink in the dryer?**

We do not recommend drying compression socks in the dryer in order to avoid prolonged exposure to excessive heat. This excess heat can break down the fibers in your compression products faster. Products can be laid out flat to dry.

## **What makes Motif compression socks stand out?**

Designed to fit into mom's every day with fun colors and patterns. Engineered to apply medical compression, yet thin enough to comfortably wear with shoes.

## **What material are Motif compression socks made from?**

A blend of Nylon, Spandex and Polyester.

## **What if my socks do not fit? What is the return/exchange policy?**

Each company will have their own return/exchange policy. Please reach out to the company you purchased from and review their policy.

