Compression Stockings

Compression stockings are a specialized hosiery that help increase circulation in the lower legs to prevent blood clots, but also aide in reducing edema (swelling) and treatment of ulcers. Unlike traditional socks, compression stockings use stronger elastics that have increased pressure to the lower extremities. They are tightest at the ankles and gradually become less constrictive toward the knees and thighs ultimately forcing circulation through narrower channels.

Compression stockings come in different levels of compression and are measured in units of mmHg. The doctors will determine the most appropriate compression for your situation.

We recommend: ☐ 15-20 mmHg   ☐ 20-30 mmHg   ☐ 30-40 mmHg

Your Size: small   medium   large   extra-large

How to use:
*Compression stockings should be worn throughout the day and only <u>taken off</u> when bathing and at bedtime.
*They should be reapplied as soon as you wake in the morning, as swelling will occur as soon as you start moving around.
*If you experience pain or significant discomfort, you should remove the stockings and call your doctor.

Your lower legs (ankle and calf) will be measured and determine what size stockings are most appropriate for you.

You can order all stockings from the following website: **discountsurgical.com**
There are a variety of stockings you can choose from as well.
Example: Knee high or thigh high   open toed or closed toed
Also try: Sockwell – get stylish compression socks www.sockwellsocks.com

Caution should be used in those with advanced peripheral obstructive arterial disease, heart failure, septic phlebitis, oozing dermatitis and advanced peripheral neuropathy in regard to wearing compression stockings.

*The higher compression stockings can be difficult to put on. We recommend the following:
Doff-n-donnor by Sigvaris
You can order it on Amazon.com

Youtube.com has online videos available on how to use the device.