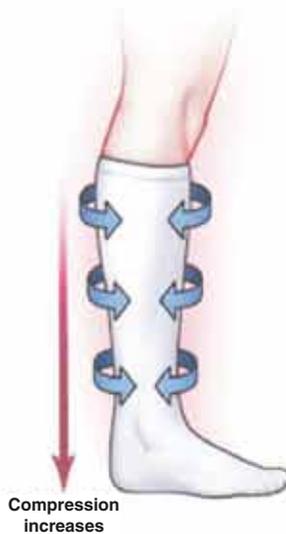




Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive - South

Compression Stockings Patient Information Leaflet

Department of Vascular Surgery & Wound Care



021 – 4920086

Cork University Hospital Group

What are compression stockings?

Compression stockings are a type of special support stockings for your legs. The stocking applies pressure to your leg to help your veins carry blood back to your heart. By reducing the pressure in your legs, you are reducing the occurrence of swelling, aching, skin irritation and leg ulcer development.

These stockings are not the same as support stockings that you often see advertised in department stores. It is important that the right size stocking is applied. Your leg will be measured at the clinic and the correct stocking will be chosen. The nurse will then demonstrate how to apply the stocking.

Compression stockings are available in different colours and styles. Most pharmacists stock standard sizes. It is important to have your leg re-measured with each stocking purchase.

When should I wear my compression stockings?

Stockings should be worn all day. They should be applied in the morning before you get out of bed. If you need to shower in the morning, you should rest in bed for twenty minutes prior to stocking application.

How are compression stockings applied?

Please follow these steps in applying your stocking.

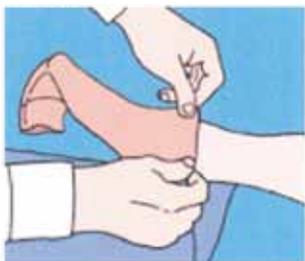
Step 1.



Slide your hand into the stocking turning it inside out just up to the heel area

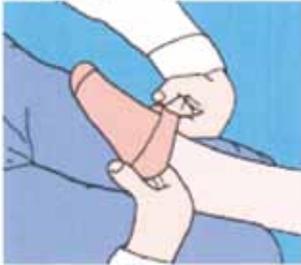
Slip your foot into foot part

Step 2.



Check that the stocking heel is correctly in place

Step 3.



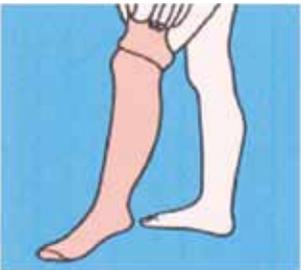
Unfold the stocking over your toes and foot

Step 4.



Gently pull the rest of the stocking over the heel and ankle

Step 5.



Pull the stocking up your leg. Make sure that there are no creases in the stocking

How do I care for my stocking?

- Wash your stocking separately for the first wash.
- Then the stocking should be washed by hand or at delicate wash setting in your washing machine.
- For drying do not hang the stocking directly on a radiator or in direct sunlight.
- Stockings should be replaced every three months.

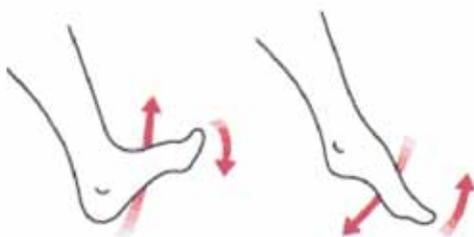
How do I care for my legs?

- Moisturise your legs morning and evening. Moisturising creams are available in your local pharmacy i.e. Aqueous cream. Creams should be applied with downward strokes from the knee to the toe. Avoid scratching dry skin on your legs.
- Examine your feet and legs regularly for any broken skin.
- Do not sit too close to open fires or heaters as this can damage your skin.
- Avoid standing still or crossing your legs for long periods.
- Rolled down stockings and tight garters can cause damage to the skin and circulation. Avoid creases in the stocking.
- When resting lift your feet and legs above the level of your hips. Support the back of your knees.

Useful exercises to help improve your circulation

Exercise your legs and ankles as much as possible.
Try some of the following simple exercises.

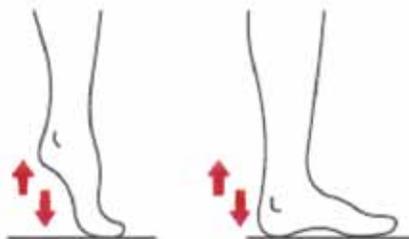
Sitting & Lying (Flexing the Foot)



Sitting & Lying (Rotating the Ankle)



Standing (Moving Up & Down)



Contact phone numbers

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Acknowledgements:

The Society of Vascular Surgery.

www.vascularweb.org

Activa Healthcare

