



About compression hosiery

Surgical Appliance Department
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Why do I have to wear compression hosiery (support stockings)?

Our arteries supply nutrients to the cells, muscles and organs. The veins take blood full with waste products to the heart and then to the detoxification centres of the body. Only if the circulation is working properly can we live and stay healthy.

During sitting, standing and walking the blood in the veins has to flow uphill. Healthy veins do this easily with the help of the calf muscle (pump) and with a series of valves within the veins. With diseased veins, however, it leads to congestion of blood in the veins in the legs and the following problems can arise:

Varicose veins

Swollen legs (oedema)

Leg ulcers

Danger of thrombosis

Compression stockings can help with these conditions as they compress the leg and help the veins take the blood back up to the heart. They also counteract swelling in the legs.

How do I use my compression hosiery?

Please note: These instructions are specific to the hosiery supplied by the Surgical Appliance Department. If you have been given white anti-embolism stockings on discharge, please follow the directions given to you by the ward or department that issued them.

Put the compression hosiery on first thing in the morning, if possible before you get out of

When fitting the hosiery, be careful that you do not scratch your leg with a fingernail or ring as this could cause an ulcer. If the skin on your lower leg is very fragile, it may be advisable to wear an old pair of rubber gloves to reduce the danger of injury.

Take your hosiery off last thing at night, have your bath or shower (not too hot or this could damage your legs) and go straight to bed.

What else can I do to help my legs?

1. Movement of the calf muscles when walking, and wriggling the feet when sitting, will help the calf muscle pump the blood in the direction of the heart.
2. When sitting for any long period keep the legs raised.
- 3.

