



Compression therapy plays a vital and effective role in the management and treatment of varicose veins, DVT, oedema, and venous leg ulcers

COMPRESSION STOCKING GUIDE

- When having your legs measured for stockings it is best to do this in the morning when your legs are less swollen.
- You will be prescribed class 2 or class 3 compression stockings.
- Open toe stockings are generally more comfortable to wear in warmer climates and they also allow monitoring of any discolouration of your toes.
- Generally open toes stockings are easier to put on.
- Put your stocking on first thing in the morning and take off when going to bed; unless advised otherwise by Dr Williams.
- Wearing rubber gloves when apply stocking will help with application and protect stocking from damage from nails/jewellery.
- Knee high stocking should come 2cms below your knee and thigh highs should come to just below the crease of your bottom.
- Try sitting in a low chair to put on and take off your stockings (you will be able to get your arms closer to your feet).
- It is normal for your stockings to feel very tight and this can often be misinterpreted as wearing the wrong size. If your measurements were taken correctly then you most likely just need to get used to the tightness. If you still have concerns have your size rechecked.

If you have any concerns, please do not hesitate to contact Christine – North Coast Vascular Practice Nurse on 1300 278 379