

Emergency Assessment Unit

Thrombosis Treatment Team

Compression hosiery for the treatment of deep vein thrombosis (DVT)

Fitting compression stockings:

The thrombosis nurse has measured and fitted you with a compression stocking which is the correct size for you. We recommend that you wear the stocking daily on the affected leg for at least six months and in some cases up to two years.

We have provided you with a pair of Medi stockings which have an expected lifespan of six months with normal use. A new stocking is then recommended.

Evidence has shown that the compression stocking may help to reduce the incidence of long term pain and swelling in the leg, preventing the development of post thrombotic syndrome. Some patients continue to wear the stocking after six months as they find it makes the leg more comfortable.

Guidelines for wearing compression hosiery:

Ideally you should put on your compression stocking first thing in the morning, immediately after getting up.

- Make sure the heel and toe of the stocking are in the correct position.
- The stocking should be eased gradually up the limb so that the material is evenly distributed. You may find it helpful to use rubber gloves to put it on.
- Ensure there are no creases since these will chafe the skin, causing fluid build up below.
- The top of the stocking should fit just below the knee. If it is too long just ease excess material evenly down the leg. Never roll down the top of the stocking as this can act like an elastic band, causing fluid build up below.
- The stocking should feel firm and supportive. It should not be painful or make the toes turn a dusky pink.
- The stocking should be taken off at night.
- Skin hygiene is important – wash feet frequently and keep skin moisturised at night.
- Ensure the washing instructions on the leaflet in the box are followed.

After six months:

- If you have no pain or swelling in the leg you may choose to stop wearing the stocking.
- If you still have pain or swelling in the leg, we recommend you continue to wear a stocking. You should contact your GP to be measured for a new pair of stockings.
- If you are unsure, please contact the Thrombosis Treatment Team for further advice.

The stocking should feel comfortable, firm and supportive. If it ever feels too tight or uncomfortable you should take it off and contact the Thrombosis Treatment Team for advice:

Thrombosis Treatment Team

Telephone: 01223 217877 (24 hour answer phone)



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk

Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem patient.information@addenbrookes.nhs.uk

Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail patient.information@addenbrookes.nhs.uk

Arabic

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يمكنك أن تطلب من القسم الاتصال بمعلومات المريض على الرقم: 01223216032 أو عبر البريد الإلكتروني: patient.information@addenbrookes.nhs.uk

Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 patient.information@addenbrookes.nhs.uk

Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya patient.information@addenbrookes.nhs.uk

Urdu

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو برائے مہربانی اس شعبہ سے پیشینٹ انفارمیشن سے ذیل کے ذریعہ رابطہ کرنے کی درخواست کریں: 01223 216032 یا patient.information@addenbrookes.nhs.uk

Bengali

আপনি যদি এই তথ্য অন্য কোন ভাষায়, বড় অক্ষরে বা অডিও রেকর্ডিং পেতে চান তাহলে 'প্যাশেন্ট ইনফরমেশান' এর সঙ্গে 01223 216032 নম্বরে ফোন করে বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করে যোগাযোগ করার জন্য ডিপার্টমেন্টটিতে অনুরোধ জানান।

Document history

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