

Compression Hose

General Description:

Compression hose are used to encourage proper circulation and reduce swelling in the legs. They may be prescribed for painful, achy legs, edema, varicose veins, and lymphodema. They are available in pre-made and custom made styles. Pre-made will usually be chosen if the leg measurements fall within the size and compression parameters of that style. If not, custom made will be used. There are varying degrees of compression that are used depending on the type of problem being treated. The doctor will determine the amount of compression needed.

Compression hose may be prescribed to cover only the ankle and calf or may cover the entire leg (See Figure 1). There are also different types of compression hose. Gradient compression hose are woven to apply greater pressure in the ankle than the calf. Ted Hose have minimal compression and are generally used on patients that are bed ridden or are not frequently up on their feet.

Figure 1



Application:

1. Fold the stocking back onto itself up to the ankle section. (See Figure 2)
2. Grasp the stocking at both sides at the top fold and pull onto the foot as far as possible. (See Figure 3)
3. Fold the excess fabric back down onto the leg.
4. Grasp the stocking and pull out the fold. Repeat until the heel is in place. (See Figure 4) Continue pulling the stocking up taking care to not just pull from the top. Use of rubber gloves (such as kitchen dishwashing gloves) may be helpful in grasping the stocking and working into place.
5. Continue pulling the stocking up to the top and smooth into place. The stocking must be pulled up all of the way so that there are no wrinkles. (See Figure 5)



Figure 2



Figure 3



Figure 4



Figure 5

6. When in place, grasp the toe section; pull forward and release to allow more comfort for the toes.
7. To remove the stocking, grasp the top and pull downward, turning inside out.

Care and Maintenance:

Washing instructions vary from one manufacturer to another. Please refer to the manufacturer's instructions. Generally, the stocking should be hand or machine washed gentle cycle in cold water with a very mild detergent and hung to dry.

Tips and Problem Solving:

Sharp fingernails, rings, and jewelry can damage the stockings. Remove all jewelry and use the pads of the fingers when putting on the stocking. Rubber gloves may be worn if nails are long to protect the stocking and also aid in grasping the fabric.

Stockings should be put on upon rising before possible swelling of the legs.

Feet and legs should be dry before putting on stockings. Baby powder may be used on the leg to make it easier to slide the stocking onto the leg.

If you have any questions or problems, please contact your practitioner.