

GP available compression stockings



Information for patients

Orthotics



What are the stockings for?

- Compression stockings provide graduated compression to your legs to improve blood circulation, reduce swelling, aching and prevent varicose veins getting worse.
- They reduce the risk of thrombosis and leg ulcers.
- They prevent the development of long-term leg swelling and ulceration in patients who have had deep vein thrombosis.

When should I wear the stockings?

You should wear the stockings every day. Usually they should be put on in the morning and taken off last thing at night. If you have been told to do something different by your vascular specialist you should follow their instructions.

How do I put the stockings on?

- Gather up the leg section and put on the foot part so that the heel fits perfectly.
- Next, gradually ease the stocking up your leg in regular movements taking care not to twist it or pull at the edges.
- The stocking should lie evenly and smoothly without creases. Do not overstretch your stocking. Never roll it over at the top or you will increase the compression, which could cause circulation problems.
- The stockings need to be close fitting to work. If you are having difficulty getting them on, you will need to contact your GP or district nurse. There are some aids, which help with putting stockings on.

Washing instructions

The stockings should be taken off at least once a day and hand washed or machine washed at 40°. Do not use fabric conditioner.

They should be air-dried or tumble dried. They should not be placed on a radiator, as heat damages the material.

Replacement stockings

The stockings you have been provided with should last between 3 and 6 months. Future pairs can be obtained from any chemist with a prescription from your GP.

Prescription charges - If you normally pay a prescription charge at the chemist there will be a prescription charge for your stockings. All patients over 60 are exempt.

Tell us what you think

Our team is always interested in your comments on the items provided and the service you receive.

Please feel free to phone or write to the manager, at the address below, if you wish to give us any feedback.

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Opening times: Monday to Friday, 8.30am - 4.30pm



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