

Emergency Assessment Unit

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

Fitting compression stockings:

The thrombosis nurse has fitted a compression stocking which is the correct size for you. We recommend that you wear the stocking on the affected leg for six months.

Evidence has shown that this may help to reduce the incidence of long term pain and swelling in the leg. Some patients continue to wear the stocking after this time as they find it makes the leg more comfortable.

Guidelines for wearing compression hosiery:

- Make sure the heel is in the correct position.
- The top of the stocking should fit just below the knee.
- Ensure there are no creases.
- Take the stocking off at night.
- Follow the washing instructions on the leaflet in the box.
- One pair of hosiery should last approximately six months.

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 any 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.

If the stocking 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)



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: patient.information@addenbrookes.nhs.uk

Polish

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: patient.information@addenbrookes.nhs.uk

Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт patient.information@addenbrookes.nhs.uk

Russian

若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: patient.information@addenbrookes.nhs.uk

Cantonese

Bu bilgiyi diger dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya asagıdaki adrese e-posta gönderin: patient.information@addenbrookes.nhs.uk

Turkish

এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করুন।

Bengali

Document History

Authors	Thrombosis Treatment Team
Department	Box 249, Addenbrooke's Hospital, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.addenbrookes.org.uk
Contact number	01223 217877
Published	April 2008
Review date	April 2010
File name	Compression_hosiery.doc
Version number	2
Document supersedes	Compression_hosiery.doc, version 1, June 2006-2008
Ref	PIN1172