

Anti-Embolism Stockings

A Patient Guide on Discharge

Consultant _____

Surgery _____

Length of time stockings to be worn _____ **weeks**

Why should I wear anti-embolism stocking?

These stockings are designed to reduce the risk of blood clots (deep vein thrombosis) in the legs at times when you are at a higher risk of blood clots, such as undergoing an operation.

How do they work?

They provide a firm elastic compression to the legs. This reduces both “pooling” of blood in the veins and damage to the vein wall which can contribute to the formation of blood clots.

When should they be worn?

They should be worn day and night for the period of time specified on the front of this leaflet, which has been stipulated by your Consultant.

You will be provided with 2 pairs of stockings, which have been measured and fitted for you.

How to look after yourself

- Stockings should be removed for no longer than 30 minutes every day.
- Stockings should be removed every day to inspect your skin and undertake personal hygiene.
- Be alert to any signs of skin discolouration, redness or soreness. If you are concerned contact your GP Practice.
- Avoid using greasy ointments, oils and lanolins on your skin as this damages the stockings’ elastic fibres.
- Reapply a freshly laundered pair of stockings daily.
- Please try to avoid allowing your stockings to roll down as this will create a tight band causing constriction and may affect your blood flow.
- When moving around, please make sure you are wearing slippers or shoes as the stockings can be very slippery on hard floors.
- Leg exercises can be done to improve blood flow to the legs.
- If the size of your legs change, or the stocking become uncomfortable you may need to be re-measured – please contact your GP Practice.
- These stockings can be difficult to put on. Therefore, some help may be needed from a relative or carer.

How to look after your stocking

- Wash your stockings daily so that you have a fresh pair clean and dry, ready for application the next day.
- Stockings can be machine washed on a delicate cycle with cool water.
- Alternatively they can be hand-washed.
- The use of bleach should be avoided.
- Hang or lay flat to air dry.
- The stockings should not be hung over a radiator to dry as the intense heat will damage the elastic fibres.

Application Guide – Knee length stockings

1. Insert hand into stocking as far as the heel pocket.
2. Grasp centre of heel pocket and turn stocking inside out to heel area.
3. Carefully position stocking over foot and heel. Be sure heel is centred in heel pocket. The toe hole should be placed under the foot.
4. Pull stocking up and lift around ankle and calf, working up to final position.
5. The top of the stocking is positioned approximately one to two inches below the bottom of the knee cap.
6. Ensure the heel and toe are positioned correctly.
7. Smooth out any excess material between top of stocking and ankle. Ensure there are no wrinkles.
8. Pull toe section forward to smooth ankle and instep area and allow for toe comfort.



Thigh-length Stockings: as the thigh portion of the stocking is applied, start rotating stocking inward so gusset is centred over the front/inside of the leg. Top band rests in the line at the bottom of the buttocks.

For further information:

- See Manufacturer's insert in stocking packet.
- Anticoagulation Europe Charity www.anticoagulationeurope.org