

Gradient Compression Stockings

What are compression stockings?

Compression stockings are made of special elastic fabric. The stockings put mild pressure on your leg muscles and vein walls. This helps push blood back toward your heart and can decrease swelling and leg discomfort.

Your stockings may be:

- Knee high, thigh high, or pantyhose.
- 20-30, 30-40, or 40-50 mmHg compression.
- Off-the-shelf or custom.
- Open or closed toed.

Your doctor's prescription determines the length and compression strength.

How will wearing compression stockings help me?

With consistent use, wearing stockings helps:

- Keep your legs from feeling achy and heavy
- Decrease tired feeling in your legs
- Decrease swelling in your legs

When do I wear my stockings?

- Put on your stockings first thing in the morning, before your legs swell.



- Take off your stockings at night before bed. Do not wear overnight.

Where do I purchase my stockings?

Compression stockings can be purchased at medical supply stores, local drug stores, or online.

How do I put on my stockings?

You will be provided with a pair of application gloves. Always use the gloves to put on your stockings.

1. If your stockings have an open toe, put the paper sleeve on your foot.
2. Slide the stocking over the toes (and over the paper sleeve) until the stocking goes over the heel.
3. Put on your gloves. Use an open palm and fingers of your hand to gently work the stocking up your leg. Do not pinch or pull the fabric.



4. Do not roll the top of the stocking down. Make sure the stocking lies flat with no wrinkles. Smooth out wrinkles with your gloves.
5. Remove toe sleeve.

How do I clean my compression stockings?

Follow the manufacturer's washing instructions.

- Use a mild soap, such as Ivory, Dreft, or baby shampoo.
- Do not use Woolite®, bleach, fabric softener, chlorine, or other laundry additives.

What if I have a problem or question about my stockings?

- Contact your clinician via the Patient Portal.
- Call (888) 287-1082 Monday through Friday 8am to 4:30pm
 - Ask to speak to a Vascular Surgery Nurse

If you experience any changes in your general health, contact your provider.

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