Compression Stockings  
Patient Education

Wearing compression stockings promotes blood circulation and helps prevent clot formation in the legs. These stockings may also be worn if you have Postphlebitic Syndrome which causes discoloration of the legs.

You will be given a prescription for treatment compression stockings (greater than 15mmHg). The prescription will tell you what type of stocking, knee or thigh high, and how long you need to wear them. It is best to have two pair of stockings. This allows you to wear a pair while you wash the other pair.

The measurements for your stockings will be taken at the medical supply store. It is important to get correct measurements to assure the stockings fit correctly. Incorrect measurements can lead to the stockings cutting off blood circulation. If you have swelling in your legs, it is best to get measurements done in the morning to assure you get the correct size.

NOTE: If compression stockings are not covered by your insurance or you do not have a prescription, go to http://www.healthylegs.com for FDA approved over the counter support stockings

Tips for Putting on your Compression Stockings

- Put on stockings in the morning when you first get out of bed.
- Remove rings or jewelry that might snag on the stockings.
- Make sure your skin is dry. If you still find it difficult to get the stockings on, apply
- a thin layer of cornstarch or powder.

Pull on Method