

Compression Hosiery

You have been prescribed compression hosiery.

Compression hosiery are used:

- After you have had a DVT (deep vein thrombosis)
- To reduce swelling
- To support varicose veins
- To improve circulation.

Putting on your compression hosiery:

- Place the silk sock over your toes.
- Slide the hosiery over the silk sock and up to your ankle
- Check the heel of the hosiery is lined up with your own
- Gradually work the hosiery up the leg (do not just pull from the top as it may rip)
- Wearing rubber gloves can help give more grip when putting your hosiery on.
- You can purchase aids from mobility shops to help put your hosiery on.

How long do I need to wear the compression hosiery for?

Your graduated compression hosiery should be put on each morning and removed before going to bed.

Duration of wear varies depending on your specific needs. This will be discussed at your appointment or with the referring doctor.

Looking after your compression hosiery

You will need to look after your hosiery and wash it

- Read the manufacturers leaflet in the box
- Hand wash in warm water and suitable detergent
- Lay flat to dry, do not use a heat source
- Compression hosiery must be replaced every 6 months to maintain its compressive forces. It is your responsibility to contact the orthotics department to arrange this.

Prescription charge

For each item of compression hosiery a prescription charge must be paid, unless you are exempt. As this charge and exemption varies please discuss it at your appointment.

What happens if I have a problem?

If you are concerned about the condition, fit or fitting of your compression hosiery or if you require any further assistance, please contact:

Orthotic Department
Rotherham Hospital
Moorgate Road
Rotherham
S60 2UD
Tel: 01709 304385

Your Orthotist is:

