

Compression Hosiery/ Kits (Vascular)

An information guide



Compression Hosiery/Kits (Vascular)

Why wear compression hosiery?

Compression hosiery is a prescribed treatment that can help prevent:-

- Varicose eczema
- Phlebitis (inflammation of the wall of the vein)
- Cellulitis (skin infection)
- Swelling/aching/tired legs
- Leg ulcers
- Deep Vein Thrombosis (DVT - blood clot in the leg).

How does compression hosiery work?

Blood is pumped around the body through the arteries and back up to the heart in the veins. Sometimes the veins or the valves in the veins become damaged. This may cause the legs to become swollen, aching or tired which may lead to varicose eczema or leg ulcers.

Compression hosiery is designed to give extra support to the legs and blood flow back up to the heart. It is important the correct pressure of compression hosiery is selected according to your needs.

Are there other treatments instead of compression hosiery?

Wearing compression hosiery is proven to help prevent leg ulcers and help the blood to flow. There are no pills or dressings that will stop you getting leg ulcers.

Can I remove the compression hosiery at night?

Yes. It can be removed just before bedtime and put back on first thing the next morning.

Is there anything that will help me put on my compression hosiery?

The healthcare professional will be able to give you information on devices that will help you to apply and remove your compression hosiery.

My leg is itchy and the skin is sore, what can I do?

Do not scratch; apply your prescribed moisturiser as advised by the nurse.

This should help stop dry skin and itching. If the problem continues contact the nurse or doctor.

Avoid perfumed lotions, soap and creams which may cause irritation to your skin.

If your compression hosiery is causing pain or is it uncomfortable?

Do not cut your compression hosiery as this may cause more pain or damage to your skin. If you are unsure remove the compression hosiery and contact the your healthcare professional for advice.

What happens if I notice a sore on my skin or knock my leg and get a leg ulcer?

Contact the healthcare professional as soon as possible. **Do not** try to treat yourself. This may delay your skin healing.

How often do I need new compression hosiery?

One pair of Compression hosiery will normally last you up to three months. If worn on both leg, some makes can last for 6 months. If they are damaged you will need new ones.

Regular Doppler assessments (a diagnostic technique used to study blood flow) and leg measurements for compression hosiery will be undertaken either 3 monthly, 6 monthly or yearly by your healthcare professional. You should have already received the leaflet " Lower limb vascular Assessment- Doppler Ultrasound ABPI/ TBPI". If not please ask the healthcare professional providing your treatment.

It is very important you attend your clinic appointments to check if you should still be wearing compression hosiery.

How can I reduce the likelihood of leg ulcers returning?

Wear your compression hosiery every day as advised by your nurse. It is very important you continue to rest with your legs up and avoid standing in one position. This will continue to help your circulation.

Eat a healthy varied diet, exercise regularly including foot and ankle exercises and control your weight. Extra weight may put strain on your veins. Moisturise your skin on a regular basis as advised by your healthcare professional.

How long do I have to wear my compression hosiery and can I choose to stop wearing them?

You should always wear compression hosiery unless your condition changes. You can choose not to wear the compression hosiery. You will be given advice on what to do if you have any problems.

The consequences of not wearing compression hosiery is possible future problems with your legs such as:-

- Varicose eczema
- Leg ulcers
- Swelling/aching/tired legs
- Phlebitis
- Cellulitis
- Deep vein thrombosis (DVT)

Telephone Numbers for each service:

Telephone:-.....

Single point of access number:-.....

Locality:-

The Northern Care Alliance NHS Group

Oldham Care Organisations

Vascular Service Clinic:

Telephone:

Salford Leg Ulcer Services

Salford Royal Foundation Trust

Stott Lane Salford,

Manchester, M6 8HD

email cvt.team@nhs.net or tissue.viability@srft.nhs.uk

Tel: 0161 206 1700 community

Tel : 0161 206 2113 Acute

Fax : 0161 206 2654

Further Advice

If you have any concerns or question about the information in this leaflet, please feel free to contact the team that is seeing you and they can answer any query you may have.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897


For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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