



Happier | Healthier | Hopeful

Compression Hosiery

You have been prescribed compression hosiery to treat your leg. Compression hosiery is a method of applying pressure to your leg to help your veins carry blood back to your heart. Before prescribing compression you should have been assessed to make sure this is the right treatment. This should have included assessing your blood flow using Doppler ultrasound. Please ask the person prescribing/providing your care if you are not sure if you have had this assessment.

Measuring for your hosiery

There are a variety of manufacturers of hosiery and selection will be based on what fits your requirements best. The hosiery most frequently used fits just up to the knee. Occasionally full leg hosiery may be needed or preferred by you.

It is important that the right size is chosen. The person prescribing/providing your treatment will measure your leg.

Below knee hosiery – ankle and calf measurements.

Full leg hosiery – ankle/calf and thigh measurements.

Occasionally the size of the leg does not fall into the standard sizing. Extra measurements will be taken if made-to-measure hosiery needs to be prescribed.

Most chemists stock standard sizes and these can be supplied within a few days. Supplies of made to measure hosiery will take longer and you will be treated with bandages until your hosiery is available.

Compression hosiery is available in different strengths (e.g. Class I, II & III). The level you need will be discussed with you following assessment. You may be able to choose from a limited range of:

Colours

Style

- open or closed toe
- stocking or ribbed sock
- knee length or full leg



Frequently asked questions

Do I need to wear my hosiery all the time?

Your legs will swell when you are out of bed but the hosiery will help to prevent this. If you have problems with your legs swelling, seek advice as soon as possible.

Can I remove my hosiery?

If you are able to remove your hosiery (e.g. for showering) you may do so. If your hosiery is for treatment of an ulcer you will be advised by the person providing your treatment. You may also remove your hosiery while you are in bed but make sure to apply it in the morning before you get up.

What if I cannot remove my hosiery?

It is safe to sleep in your hosiery as long as it is comfortable and you will be advised about this.

I cannot get my hosiery on?

It may be possible for the person prescribing your treatment to provide you with an 'aid' to help you to apply your hosiery.

How often should I replace my hosiery?

It is important that your hosiery continues to give you the right support. This means you will need new hosiery every 3 to 6 months.

Will I need to have my leg measured again?

If the size of your leg has changed it is important that you are re-measured.

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

01228 603890

E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
Voreda House | Portland Place | Penrith | CA11 7QQ



Happier | Healthier | Hopeful