

Stanford Anticoagulation Clinic
900 Blake Wilbur Dr. W0019
Stanford, CA 94305
6507-725-4932

COMPRESSION STOCKINGS INFORMATION

- A prescription is needed for a stocking with compression pressure >15 mmHg. (15mm Hg is needed for treatment compression.)
- A fit measurement is usually done at the medical supply stores where you purchase your stockings.
- It is recommended to take your measurements in the morning before swelling builds in the legs to avoid choosing a stocking size that is too large.
- If compression stocking is covered by the insurance, you usually pay ahead and the medical supply store will give you a receipt, which you can mail to your insurance for reimbursement.
- If your insurance does not cover the compression stockings or you are unable to obtain a prescription, you can go to website <http://www.healthylegs.com> for the FDA-approved over-the-counter support stockings.
- The stockings can be knee-high or thigh-high.
- The correctly fitted stockings will **not** cut off your circulation. They help with the discoloration condition called *postphlebotic syndrome* and they help to prevent clot formation in your legs, especially if you have a long air flight or are not able ambulate for long periods of time.
- The durability of the stockings varies from manufacture to manufacture. Generally, they last for 4-6 months. If possible, have 2 pairs available so you can wear one while the other one is in the wash.
- The length of time for compression stockings depends on both the reason for wearing the compression and the amount of compression. Check with your doctor for instructions.

TIPS FOR PUTTING ON YOUR SUPPORT HOSE

Remember:

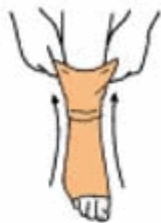
- Proper compression stockings and arm sleeves should feel snug at first. It will take a few days to adjust to the pressure.
- Compression garments are easier to put on when you first get out of bed, before swelling occurs.

Helpful Hints:

- Skin should be dry
- Applying a thin layer of cornstarch or powder will help the stockings or sleeve slide over your skin
- Remove any rings and jewelry that can damage your stockings
- Can wear gloves to prevent fingernails from damaging the fabric - they also help provide grip to distribute the fabric more easily
- Avoid rolling, gathering or bunching the fabric, as this will only increase the pressure – like creating a super rubber band.
- Apply moisturizer to your legs or arm in the evening rather than just before putting on your stocking or sleeve in the morning.

Pull-On Method

1. Grasp the stocking at both sides of the top band
2. Pull onto foot and up the leg as far as possible
3. Chose a position on the leg where you can grasp the stocking on both sides again and pull up as far as possible. Fold the excess fabric back down onto your leg rather than allowing it to bunch or roll
4. Grasp the stocking at the top and pull out the fold
5. Repeat until the heel is in place.



Adapted from website <http://www.healthylegs.com/>

MEDICAL SUPPLY STORES FOR COMPRESSION STOCKINGS

BERKELEY:

Johnston Orthopedic
2801 Shattuck Ave.
(510) 843-2488

BURLINGAME:

Bischoff's Medical Supply
1465 #B Chapin Ave
(650) 347-6606

CONCORD:

Economy Medical
1935 Diamond Blvd.
(925) 686-3323

FREMONT:

Haller's Pharmacy and Medical Supply
37323 Fremont Blvd
(510) 797-2772

Fremont Uniform & Medical Supply
644 Mowry Ave # 280
(510) 791-5586

FRESNO:

Nancy's Boutique
1418 A West Shaw Ave
(559) 226-1714

MARIN:

Support Dimensions
(415) 388-7778

MOUNTAIN VIEW

Norell Prosthetics
205 South Dr.
(650) 813-9300

PALO ALTO

Palo Alto Orthopedic
3910 Middlefield Rd
(650) 813-9300

SANTA CLARA

Santa Clara Ostomy
2455 Forest Ave
(408) 296-7890

SAN JOSE:

Bischoff's Medical Supply
225 North Bascome Ave
(408) 286-6651

Brannons

2052 Lincoln Ave
(408) 448-3000

SANTA ROSA:

Accent On Health
3555 Round Barn Road
(800) 642-3858

Sonoma Surgical

4975 Sonoma Hwy
(707) 539-5151

SAN FRANCISCO:

Bischoff's Medical Supply
1635 Divisadero St. #105
(415) 921-0440

Carrigan Surgical Support

2100 Clement St
(415) 668-4925

WALNUT CREEK

Doc's Pharmacy
112 Lacasa Via, #100
(925) 939-6311

ROHNERT PARK

Empire Hospital Supply
121 J. Rodgers Lane
(707) 649-4973