

Information about using compression stockings

Purpose: Prevent swelling/oedema of the feet. Untreated prolonged swellings in the feet can cause skin problems on the feet/legs, such as dry skin and itching, brownish discoloration of the skin, "rusty" thickened skin, heavy feet and wounds.

Before purchasing compression stockings: The swelling must be removed. This can take from days to weeks. Doctor/nurse chooses the optimum pretreatment (see back of this sheet).

To measure compression stockings: Made when the swellings are gone.

Patients associated with nursing and care services: They take off the compression binder, assess if the swellings are gone and take measurements for you. In case of continued swelling they put on compression binder.

Patients without public care and care services: Meet at the bandagist shop with the bindings for targeting and assessment for the correct stocking. If the bandagist shop considers that there are still swellings, they will contact Hudavdelingen for a new appointment to apply compression binder.

Measuring:

1. Sit with your feet planted on the floor
2. Measure cm around the ankle (at the narrowest)
3. Measure cm around the leg (where it is thickest)
4. Length from the heel to 2 cm below the knee
5. Taken on both feet.
6. Write down the measurements on the back of this sheet

Selection of the correct compression stocking: Doctor/nurse determines compression class (tightness). The bandage store shows which ones you can choose from (with toe, no toe, color, pattern, fabric selection).

Where to buy compression stockings: Bandagist shops (see back for further overview).

Use of compression stockings and duration of treatment: From when you get up and to when you go to bed. Lifelong treatment.

Maintenance of the compression stocking: Wash daily to maintain quality and effect. Wash each evening in the sink, squeeze out water in a towel (do not twist them), lay flat to dry. Should also be finely washed at 40 degrees regularly. See otherwise the washing instructions.

Aids for compression stockings: (bandagist shop)

- Contact the bandagist store for what may be relevant to you, such as "Butler", "Doffn`Donner" or silktoe.
- Otherwise: Put your hand inside the stocking, grasp the socket heel and hold. Pull the base to the hand (the socket is twisted) with the socket heel out. Put on the stocking.
- May be useful with home care to take them on/off. Contact them if necessary.

Refund: Compression stockings: Only when diagnosed with lymphedema. Aids for permanent disability: NAV.no, look for a "grant scheme for affordable aids". Must have a statement from a healthcare provider about disability.

Shelf life: The stockings are recommended to be renewed every 6 months, more often if holes/gaps.

Otherwise: Remember daily moisturizer on the legs.

Measurement chart for compression stockings:

Name: _____

Ankle / Arm index: Right foot: _____ Left foot: _____

Pretreatment to remove swellings:

☐ Coban ☐ Coban2Lite ☐ Comprilan w/ padding ☐ Lie with legs high at night

Leg measurement:

	Right foot	Left foot
Ankle	cm	cm
Thick leg	cm	cm
Length	cm	cm

Compression classes:

- ☐ Compression stocking class 1 (15-21 mmHg)
- ☐ Compression stocking class 2 (23-32 mmHg)
- ☐ Compression stocking class 3 (34-46 mmHg)
- ☐ Compression stocking class 4 (above 49 mmHg)

☐ Knee length ☐ Thigh-length

Bandagist stores:

Stavanger:

Stavanger Helsehus, Lars Hertervigsgt 3, 4005 Stavanger. Tlf: 51 52 35 31 (not saturday)

Helsebutikken Bekkefare, Svend Foyns gate 2a, 4016 Stavanger. Tlf: 51894263 (not saturday)

Straen sykepleiesenter AS, Lars Hertervigsgt 3a, 4005 Stavanger. Tlf: 51842323 (not saturday)

Sandnes:

Boots Apotek Samarit, Holbergs gate 15, 4306 Sandnes. Tlf: 51 60 97 60 (not saturday)

Helsebutikken Sandnes, Flintergaten 4, 4307 Sandnes. Tlf: 98906569 (not saturday)