Choosing the right fit

Compression strength is measured in mmHg (millimetres of mercury). The right level depends on your symptoms, medical history, circulation and reason for wearing compression.

More compression is not necessarily better. Have your legs measured to select the correct size and length.

- Stockings should feel firm and supportive, but not painful.
- Put them on in the morning, before significant swelling develops.
- Smooth out wrinkles and avoid bunching or rolling at the top.
- Ask about application aids if putting them on or taking them off is difficult.

Many fabrics, colours and styles are available, including everyday socks and hosiery. Choose an appropriate garment you can wear comfortably and regularly.

Is compression safe for everyone?

Compression is helpful for many people, but it is **not appropriate for everyone**.

Certain arterial circulation problems or other medical conditions require assessment before using medical compression. Seek professional advice if you are unsure.

Remove the stocking and seek medical advice if you develop:

- New pain, numbness or tingling
- Significant discomfort
- Unusual changes in the colour or temperature of your foot or toes

VALLEY MEDICAL

VEINS • SKIN • MOVE

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Compression Stockings

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How do they work?

Your leg veins carry blood back toward your heart. One-way valves help prevent backward flow. When you walk, your calf muscles squeeze the veins to push blood upward. This is your **calf muscle pump**.

If valves weaken or become damaged, blood can flow backward (**venous reflux**) and pool in the lower legs, raising pressure in the veins.

Graduated compression is strongest at the ankle and gradually decreases higher up the leg. It supports the calf muscle pump and helps direct venous blood upward toward the heart.

By reducing pooling, reflux and venous pressure, compression may help limit stress on other veins and protect surrounding skin and tissues.

Who may benefit?

Compression may be recommended for:

- Varicose veins, venous reflux or chronic venous insufficiency
- Swollen feet, ankles or legs, including certain forms of chronic edema
- Aching, tired or heavy legs
- Venous skin changes or discoloration
- Venous leg ulcers or a history of ulceration
- Swelling after a deep vein thrombosis (DVT)
- Symptoms associated with prolonged standing or sitting
- Compression is recommended during pregnancy

It may also be recommended before or after certain vein procedures.

You can have symptoms of venous disease without visible varicose veins.

What can compression help with?

Swelling

Limits excess fluid buildup in the lower legs and ankles.

Aching and heaviness

Helps relieve tired, heavy, aching or throbbing legs.

Varicose vein symptoms

Supports enlarged veins and helps manage discomfort.

Venous ulcers

When medically appropriate, compression is an important part of treatment and prevention.

Everyday comfort

Legs may feel less swollen and tired at the end of the day.