

* News You Can Use *

Wound Care Clinic @ Hillcrest Hospital

TED hose and compression socks are prescribed for the treatment of various conditions including edema (fluid retention) and DVT (blood clots).

Did you know TED hose are different from compression Socks?

TED Hose

- Help reduce the risk of blood clots by administering pressure on the lower part of the leg and feet (calf muscle).
- Commonly prescribed to clients who are non-ambulatory as blood is likely to form in the calf.

Compression Socks

- Best suited for those who are able to move around.
- Used for clients with circulatory problems
 - Venous insufficiency, lymphedema and varicose vein.
- Keep blood from pooling in the ankles, where pressure is the greatest.



Compression Stocking TIPS

- Follow order/care plan for when to apply stockings - typically in the morning
- Make sure the client's legs are dry before application
- Roll fabric upwards until upper edge of sock is just below the knee
- Do NOT leave stocking pulled down or slouched around the ankles
- Ensure stocking is smooth - wrinkled fabric can cause a tourniquet effect
- Wash stocking daily in cold water and hang dry
- Washing daily will help to reset the elasticity of the stocking



Believe in yourself. Have faith in your abilities. Without a humble but reasonable confidence in your own powers you cannot be successful or happy.
- Norman Vincent Peale -