

Antiembolism Stockings

Your health care provider has ordered anti-embolism stockings for you to wear at home. These stockings help prevent blood clots from forming in your legs and traveling to your lungs. Once you can get up and move around freely, you should throw the stockings away.

You must remove the stockings twice a day and leave them off for 30 – 60 minutes. This will let your legs “breathe”. During this time, look at your legs and feet carefully. If you see redness, discoloration or open sores, call your health care provider. You may use body lotion on your legs and feet but make sure the lotion is completely absorbed before you replace the stockings.

Putting on Your Stockings:

- 1) Put your hand inside the stocking and into the foot.
- 2) Hold the top of the stocking with your other hand and turn the stocking inside out, stopping when you get to the heel. Remove your hand leaving the foot of the stocking inside.
- 3) Stretch the stocking sideways at the heel
- 4) Push your foot into the foot and heel of the stocking
- 5) Hold the top of the stocking and pull it up over your foot, ankle, and the rest of your leg
- 6) The open part of the stocking should be on the bottom of your foot, under your toes.
- 7) Make sure the stockings are smooth and have no wrinkles
- 8) Do not turn down the top of the stocking. If you do, it might act like a rubber band and cut off blood circulation to your legs and feet.

Note: You may find it easier to slide the stockings on if you put talcum powder on your legs.

Care of Your Stockings:

Hand wash your stockings every 2-3 days. Wash them more often if they become soiled. Use warm soapy water and rinse thoroughly. Lay them on a flat surface to dry. DO NOT wring extra water out of the stockings. This could stretch them out, and then they might not fit properly.

Things to Remember:

- Wear the stockings only while you are in bed
- Remove the stockings twice a day for 30-60 minutes
- Inspect your feet and legs carefully
- If you see redness, discoloration, or open sores on your legs or feet, stop wearing the stockings, and, call your health care provider*
- Stop wearing the stockings when you are up and about and throw them away

*During normal business hours call:

Name

Telephone Number

*After normal business hours call:

Name

Telephone Number

Content Approval: August 1999
VISN 13 Workgroup: Antiembolism Stockings