Compression Therapy Guide

Support Stockings / Socks

Support: Mild 10-15 mmHg / 15-20 mmHg
Indications:
● Slight varicosities  ● Slight leg Swelling  ● Tired, aching legs  ● Prevention of varicosities

Support: Medium 15-20 mmHg / 20-30 mmHg
● Heaviness & Fatigue in the legs  ● Minor varicosities  ● Travel  ● Post surgical
● Varicosities during pregnancy  ● Prophylactic treatment during pregnancy
● Minor ankle, leg & foot swelling  ● Hereditary disposition toward vein disease
● Superficial thrombophlebitis  ● Post sclerotherapy  ● Prevention of DVT

Support: Firm 20-30 mmHg / 30-40 mmHg
● Moderate varicosities  ● Moderate edema  ● Lymphatic edema  ● Post surgical
● Management of venous ulcers  ● Prevention of ulcer recurrence  ● Post sclerotherapy
● Prevention of post thrombotic syndrome  ● Stasis dermatitis due to CVI
● Orthostatic hypotension  ● Pregnancy with previous phlebitis

Support: Extra-Firm 30-40 mmHg / 40-50 mmHg
● Severe varicosities  ● Severe edema  ● Management of venous ulcers
● Lymphedema  ● Post-phlebitic syndrome  ● Venous ulcers  ● Orthostatic hypertension
● Chronic venous problem post surgery  ● Chronic venous insufficiency

Specialty Compression Products

Travel Socks / Stockings: Support: Medium 15-20 mmHg

Diabetic Compression Socks: Most designs feature:
● 18-25 mmHg graduated compression
● Non irritating toe seam and non-binding top band  ● Moisture wicking and odor control
● Thick padded sole to protect feet  ● Typically white in color to show any weeping
● Many offer larger calf sizes

T.E.D. Stockings or Anti-embolism stockings:
- Special compression design for the non-ambulatory patient- 18 mmHg compression at the ankle, 14 mmHg at calf, 8 mmHg at knee, 10 mmHg at lower thigh, 8 mmHg at upper thigh
- Available in knee high or thigh high
- Available in closed toe or with toe inspection opening
Indications
● Prevention of embolism in recumbent (supine) patients  ● Prevention of mild edema
● pre and post surgical care  ● Minor spider veins  ● Tired, achy, heavy legs

Contraindications
Severe arterial insufficiency, wet dermatosis, cutaneous infections, congestive heart failure.
**Compression Therapy Guide**

**Segmental Gradient Compression Pump Treatment Guidelines**
for treatment of lymphedema or venous insufficiency

The following recommended treatment protocols have been established after reviewing current literature. These recommendations should be utilized as a guideline and should not be used as a substitute for clinical judgment and experience.

External Pneumatic Compression systems are to be used only under the direct supervision of a licensed practitioner.

* The practitioner must prescribe the treatment pressure, frequency and duration.

<table>
<thead>
<tr>
<th>Condition - EDEMA</th>
<th>Pressure</th>
<th>Duration</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dependent (post stroke, paralysis, pregnancy)</td>
<td>40 mmHg</td>
<td>1-2 hrs.</td>
<td>twice/day</td>
</tr>
<tr>
<td>Traumatic (post-injury, surgery)</td>
<td>40 mmHg</td>
<td>30 min. - 1 hr.</td>
<td>twice/day</td>
</tr>
<tr>
<td>Lymphedema - Mild</td>
<td>40-50 mmHg</td>
<td>1-2 hrs.</td>
<td>twice/day</td>
</tr>
<tr>
<td>Lymphedema - moderate / severe</td>
<td>40-50 mmHg</td>
<td>1-2 hrs.</td>
<td>2-4 / day</td>
</tr>
<tr>
<td>Venous (post phlebitic syndrome, Venous insufficiency)</td>
<td>50 mmHg</td>
<td>30 min. - 1 hr.</td>
<td>twice/day</td>
</tr>
<tr>
<td>Venous Stasis Ulcers</td>
<td>50 mmHg</td>
<td>30 min. - 1 hr.</td>
<td>twice/day</td>
</tr>
</tbody>
</table>

**CONTRAINDICATIONS for Gradient Compression Pumps**

Compression is not recommended under the following conditions:

1. Severe arteriosclerosis or other ischemic vascular disease.
2. Edema due to congestive cardiac failure.
3. Known or suspected Deep Vein Thrombosis (DVT).
4. Extreme deformity of the limbs.
5. Any local conditions in which garment would interfere, for example:
   a. Gangrene
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b. Recent skin graft
c. Dermatitis
d. Untreated, infected wounds

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