

Anti-embolism Stockings: What You Need To Know

Anti-embolism Stockings

Your doctor wants you to wear special stockings to help reduce swelling and keep the blood moving through your leg veins.

When you are inactive due to lying in bed, blood doesn't move well through your legs. This can cause a blood clot. A clot can cause severe damage.

Anti-embolism stockings (also called graduated compression stockings) help move the blood by putting compression (gentle pressure) on your leg. This keeps blood from pooling and clotting.

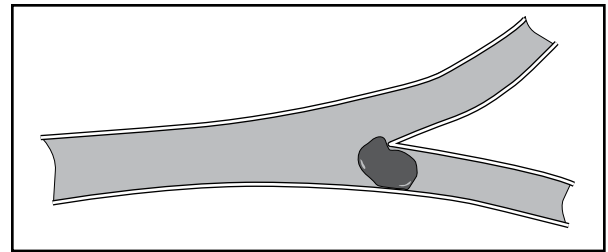
Your Stockings

Your health care team will fit you with the correct stocking size. Your stockings will either stop at your knee or your upper thigh.

Depending on which stockings you will wear, your legs will be measured for length and width at your ankle, calf and thigh.

You will likely wear the stockings all day while you are in the hospital. Or you may wear the stockings just during the day and leave them off at night. If you wear the stockings without taking them off, your health care team will remove the stockings in the morning and in the evening to check your skin.

Your health care team will tell you if you need to wear the stockings when you return home. Please follow all directions.



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When you are unable to move, a blood clot can form in a leg vein and cut off blood flow. Anti-embolism stockings force the blood to move when you can't be active.

What To Tell Your Health Care Team

Tell your health care team if:

- you have any skin allergies
- you have any pressure sores
- you have a heart or circulation condition
- the stockings feel too tight (or feel binding). You should feel compression but not pain, tingling or numbness.