

## Suggested Compression Dosage

SYMPTOMS / INDICATIONS	COMPRESSION LEVEL AT THE ANKLE
<ul style="list-style-type: none"> <li>▪ Tired, achy legs</li> <li>▪ Occupational or evening edema</li> <li>▪ Leg discomfort from long hours of standing or sitting</li> <li>▪ Prevent varicosities &amp; swelling during pregnancy</li> <li>▪ Preventative for legs predisposed to risk</li> <li>▪ Reduce swelling during travel</li> <li>▪ Prevent DVT during travel</li> </ul>	<b>15–20mmHg</b>
<ul style="list-style-type: none"> <li>▪ Diabetics who experience edema (see Cautions below)</li> </ul>	<b>18–25mmHg</b>
<ul style="list-style-type: none"> <li>▪ Heavy, fatigued, aching legs</li> <li>▪ Mild edema in lower extremities</li> <li>▪ Mild varicosities with minimal edema</li> <li>▪ Mild varicosities during pregnancy</li> <li>▪ Lymphedema upper extremities</li> <li>▪ Post-procedure of small veins</li> <li>▪ Prevention or management of DVT</li> </ul>	<b>20–30mmHg</b>
<ul style="list-style-type: none"> <li>▪ Moderate varicosities with mild to moderate edema (also during pregnancy)</li> <li>▪ Post-procedure of larger veins to maintain treatment success</li> <li>▪ CEAP C3 (edema), C4 (skin changes without ulceration), C5 (skin changes with healed ulceration), C6 (skin changes with active ulcerations)</li> <li>▪ Management and treatment of DVT or Post-Thrombotic Syndrome</li> <li>▪ Superficial phlebitis</li> <li>▪ Lymphedema after decongestant therapy to maintain reduction</li> <li>▪ Orthostatic / postural hypotension</li> <li>▪ Post-fracture, post-traumatic edema</li> </ul> <p data-bbox="84 1224 604 1272"><i>Note: A prescription is recommended for stockings with the indications of 30mmHg or higher</i></p>	<b>30–40mmHg</b>
<ul style="list-style-type: none"> <li>▪ Lymphedema after decongestant therapy to maintain reduction</li> <li>▪ Severe Post-Thrombotic Syndrome</li> <li>▪ Severe varicosities and/or edema</li> </ul>	<b>40mmHg or higher</b>
<ul style="list-style-type: none"> <li>▪ Severe arterial insufficiency, intermittent claudication, ischemia</li> <li>▪ Uncontrolled congestive heart failure</li> </ul>	<b>Contraindications</b>
<ul style="list-style-type: none"> <li>▪ Skin sensitivities or allergies</li> <li>▪ Advanced neuropathy with sensory loss in leg or foot</li> <li>▪ Diabetes with arterial compromise</li> <li>▪ Confinement to bed or non-ambulatory use unless otherwise prescribed by the physician</li> <li>▪ Eczema, hypodermatitis, dermatosclerosis, dermatitis</li> </ul>	<b>Cautions</b>

The therapeutic effect of graduated compression stockings is based on the compression level.

*No liability accepted for non-observance of contraindications and cautions.*

Fronek HS, Bergan JJ, et al. The Fundamentals of Phlebology: Venous Disease for Clinicians. 2004. pg 151. Blaettner, et al. Leg Symptoms of Healthy People and Their Treatment with Compression Hosiery. Phlebology 2008. Compression therapy of the extremities. Partsch, Rabe, Stemmer. ISBN: 2.85480.770.7.