



Prescribing Policy for Supply of Compression Hosiery

North East Essex CCG supports the prescribing of compression hosiery for the following:

- Conditions associated with chronic venous insufficiency
- Management of leg symptoms after DVT
- Varicose veins only if interventional treatment is unsuitable
- Venous eczema
- Lipodermatosclerosis
- Venous ulcers

They provide graduated pressure from the distal to proximal portion of the leg and increase venous blood flow by improving the action of the calf-muscle pump.

Recommendations

- Prescribe one pair (two stockings) if only one leg is being treated or two pairs (four stockings) if both legs are being treated so that one can be worn while the other is being washed and dried.
- Prescribe new stockings every 3 – 6 months or earlier if any defects or damage become apparent or, if on stretching, the stocking does not return to its original shape.
- Ideally, each time a stocking is replaced, the leg should be re-measured.

Remind patients that the life of the stocking can be prolonged by correct washing. Stockings should be hand washed at about 40°C (a comfortable hand temperature) and dried away from direct heat.

References

- CKS 2012 'Compression stockings', Available at: <https://cks.nice.org.uk/compression-stockings#!topicsummary> Accessed: 09/12/16
- NICE 2015 'Venous thromboembolic diseases: diagnosis, management and thrombophilia testing', Available at: <https://www.nice.org.uk/guidance/cg144/chapter/Recommendations#treatment-2> Accessed: 09/12/16
- NICE 2013 'Varicose veins: diagnosis and management', Available at: <https://www.nice.org.uk/guidance/CG168> Accessed: 09/12/16