



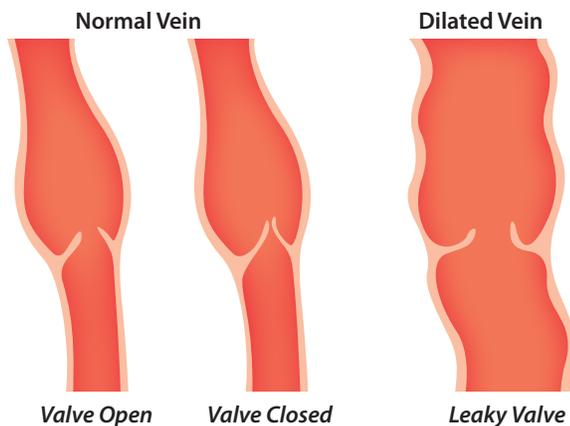
Graduated Compression Hose

What are graduated compression hose?

Graduated compression hose are specialized stockings prescribed by your health care provider to treat vein symptoms in your legs (for example: swelling, pain, throbbing). These symptoms are often due to vein reflux.

What is vein reflux?

Your veins have valves that aid in bringing blood back up toward your heart. As you walk, the contraction and relaxation of your calf muscles around your veins help in moving blood back to your heart. Due to a number of reasons, vein walls can weaken and become 'dilated' or enlarged. This causes the valves in your veins to not close all of the way. We often call these valves 'incompetent' because they don't work properly. Blood then 'refluxes,' or pushes backwards, and puts more pressure on your vein walls. This can cause you to have uncomfortable symptoms in your legs.



This image shows valves closing completely in a healthy vein, and then veins unable to close in a vein that is 'dilated' or enlarged. Picture blood flowing in this vein and imagine the pressure that is caused by a vein valve that is not working properly.

How do graduated compression hose help with vein reflux?

Graduated compression hose apply a gentle squeeze to your legs. They simulate an extra layer of muscle to gently squeeze the stretched vein walls together. This allows the vein valves to better close and helps bring blood back to your heart. This will often help relieve your symptoms.

Compression hose will not cure your vein disease, but can be used as a tool to help make you feel more comfortable.

If you have any additional questions, please phone our office and speak with one of our nurses. We would be more than happy to discuss any concerns you may have.

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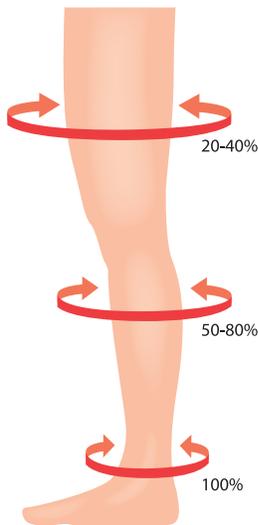
What does the grade of graduated compression mean?

Graduated compression hose come in many prescription 'grades' of compression, measured in millimeters of mercury (mmHg). The higher the pressure grade, the more pressure will be put on your 'incompetent' valves, helping them close better. The prescription that you receive will depend on many factors. These factors include the symptoms you are having, as well as the condition your legs are in. Common prescription grades include:

- 20-30mmHg
- 30-40mmHg

The amount of pressure in these hose will not fall below the prescription grade of compression. For example: If you are prescribed 20-30mmHg compression hose, the external pressure applied to your leg at any part of the stocking will not fall below 20mmHg but will not be higher than 30mmHg.

Why are they called 'graduated' compression hose?



The key to understanding how graduated compression hose work is in the name. Graduated compression hose 'gradually' provide the most squeeze or pressure at the ankle and 'gradually' apply less pressure towards the top of the stocking. This helps simulate the squeeze that your muscles naturally apply to your veins, and 'gradually' helps push the blood in your legs back up towards your heart.

My hose feel tight. How do I know if they are they too tight?

Your compression hose will be specially measured and tailored to fit you. They should feel snug on your legs and are more difficult to put on than pantyhose or socks. They will typically be worn during waking hours during the day and off at night, unless you have just had a vein procedure completed. If you have difficulty getting your hose on, ask about assistive devices that may help you get your hose on.

If you are worried about the fit of your hose, please phone the office to discuss your concerns. We would be more than happy to speak with you over the phone or see you in the office to ensure your hose are fitting properly!