



## Healthy Leg Tips

### 1. Wear prescription grade graduated compression hose

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 your vein valves to better close and helps bring blood back to your heart. This will often help relieve your symptoms.



Unless you've been instructed otherwise after a vein procedure, your compression hose should be worn from sun up to sun down.



Every few days, it is important to wash your hose by hand with a mild soap and hang them to dry. Proper maintenance of your hose will ensure they continue to work properly. Please refer to manufacturer labels for specific care information.

#### TIPS

- Make sure your legs are completely dry before putting on your hose.
- Avoid putting lotion on prior to your hose.
- Apply a little baby powder to your foot/leg to help the hose slide up your legs.
- Try using rubber gloves to get a better grip on the hose.
- Ask us about specialized devices available to help you don your hose.

### 2. Maintain proper weight and exercise regularly

When you manage your weight through a healthy diet and regular exercise program, you are less likely to have bothersome leg symptoms. Carrying extra body weight makes it difficult for your veins to work properly.

Moderate weight loss may reduce aching in your legs due to varicose veins and may reduce the rate at which spider veins develop.

If you would like to make an appointment with one of our Billings Clinic Dietitians, please contact the main appointment desk at **406-238-2501**.

#### TIPS

- Walking, running, Stairmaster, aerobics, swimming, elliptical machine, or biking for 30 minutes, 5-7 days each week, will help reduce pain, aching, and tiredness in your legs.
- Try to choose exercises that help strengthen your leg muscles.

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.

**Vein Center**  
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Billings, MT 59101  
(406) 435-VASC (8272)  
or 1-800-332-7156  
**billingsclinic.com**



### 3. Avoid wearing high heels

High heels interfere with the normal pumping action that occurs when your muscles in your legs contract, relax, and aid in helping your veins bring blood back to your heart. Wearing high heels can interfere in this process and may lead to bothersome aching or cramping symptoms in your legs.

#### TIPS

- Choose a lower 'kitten' heel as a high heel alternative.
- If you wear high heels, wear them only on special occasions.
- Consider wearing your compression hose with your high heels.
- Ask us about various styles of compression hose that will fit your compression, comfort, and fashion needs!



### 4. Elevate your legs

Elevating your legs above the level of your heart will help bring any blood that has pooled in your legs back to your heart. When your vein valves aren't working properly, blood can pool in your legs throughout the day. This can cause swelling and other uncomfortable symptoms in your legs. Elevating your legs can help decrease these bothersome symptoms.

#### TIPS

- Elevate your legs above the level of your heart at least twice every day for at least 10 minutes.
- At work, try keeping a garbage bin or stool under your desk to prop your legs on.
- At work, utilize a morning or afternoon break to elevate your legs.

### 5. Avoid prolonged sitting or standing

When you sit or stand in one position for long periods of time, blood can pool in your legs. This is often due to your valves in your veins not working properly. This can lead to swelling or other uncomfortable symptoms in your legs.

#### TIPS

- Try flexing your ankles several times each hour when you are in a situation where you must endure prolonged sitting or standing.
- Flexing ankles like you would as if you were walking helps pump the blood back up to your heart and can help relieve uncomfortable symptoms in your legs.