

## INFORMATION FOR PATIENTS

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# Compression hosiery

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This leaflet is intended as further help to patients who have been supplied with compression hosiery to use during the day. If advice in this leaflet differs from what you have been told in clinic, wear as directed by the orthotist as this will be specific advice to your individual needs.

### **Your compression hosiery**

Compression hosiery should be a close secure fit and not loose. It should not be painful to wear. Putting on hosiery may be difficult to get used to and you will need to persevere. If it does not get easier, contact the department for a review.

Please read the manufacturers' leaflet as it will provide detailed help on applying, removing, and caring for your garment.

For maximum benefit, the hosiery should be applied first thing in the morning and removed about 7pm in the evening.

Never wear the hosiery in bed.

### **To begin with**

You will get used to the compression hosiery gradually as the tension can be uncomfortable to begin with.

Ensure the foot piece is in place before pulling the hosiery up and make sure there are no creases.

Care should be taken with rings and rough fingernails. Household rubber gloves may help you put on stockings.

Any red marks should fade after 15 minutes of removing the stockings. If they do not fade, please contact the Orthotic Department for a review appointment and leave the stockings off.

### **General wear**

If the size of your legs alters significantly, please contact the department for a review appointment. It may take up to eight weeks to know whether they are helping with your initial problem, so you need to persevere and give them time to work.

Compression hosiery needs to be reviewed and renewed every six months. Please contact the hospital for a review appointment in five months' time.

If you develop a severe pain in your calf, stop wearing the stocking. Seek advice from your referrer immediately.

### **Eligibility**

The orthotist is responsible for the initial assessment and provision for all types of compression hosiery. After this period, it is expected that you are issued with an FP10 prescription by your GP for further garments.

Compression hosiery needs to be in good condition and renewed every six months for maximum benefit. Replace it earlier if it has a ladder.

## Custom

If you have been issued with a custom size or type, you will need to request replacements from Orthotics Services.

You should request new hosiery every six months. You will not need to be seen by the orthotist unless you have any problems. It is recommended that you attend every two years to be re-measured.

Please keep this leaflet safe for future use. You are now able to contact the department directly for orthotic care as required. If you need a review appointment, or if the orthosis requires servicing or replacement, you **do not** need to be referred again.

If there are new symptom(s)/condition(s) that are unrelated, a new referral will be required to be assessed for further orthotic management.

## Prescription fee

You may be exempt from paying the NHS prescription charge, please ask for details. More details on prescription fees are available from:

[www.nhs.uk/nhsengland/Healthcosts/pages/Prescriptioncosts.aspx](http://www.nhs.uk/nhsengland/Healthcosts/pages/Prescriptioncosts.aspx)

## Your orthotist is:

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## Contact details

Orthotics Department  
Clinic 2  
King's Treatment Centre  
King's Mill Hospital  
Sutton in Ashfield  
Notts  
NG17 4JL

## Clinics are held at:

- Clinic 2, King's Treatment Centre
- General Outpatients, Newark Hospital
- Neuro Rehabilitation, Mansfield Community Hospital

The contact telephone number for **all** orthotic queries is 01623 676163.

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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