

Thrombo-Embolus Deterrent (TED) Stockings

Patient information - Department of General Surgery



Why do I need to wear TED Stockings?

Thrombo-Embolus Deterrent (TED) Stockings are also known as Compression Stockings or Anti-Embolism Stockings and are specially designed stockings that help reduce the risk of developing a deep vein thrombosis (also referred to as a DVT) or blood clot in your lower leg

after your surgery, while you are unwell or

while you are less active than normal. A DVT can sometimes lead to a more serious condition called pulmonary embolism (blood clot in the lungs); wearing TED stockings helps to reduce the risk of this happening.

Note: Please also read the patient information pamphlet: Reducing the Risk of Blood Clots.

How do TED Stockings work?

The stockings are made of firm elastic and provide graduated compression over the ankle, mid calf and thigh. The compression has the effect of speeding up the circulation of the blood in your veins. This makes clotting less likely. It is important that the stockings fit your leg firmly; you will be measured for the correct size whilst in hospital.

How do I put the stockings on correctly?

- Place your hand into the stocking as far as the heel.
- Holding the heel turn the stocking inside out.
- Ease the stocking over your foot and heel; ensure that your heel fits into the heel pocket (purple shaded area).
- Ease the rest of the stocking up over your ankle, calf and thigh
- Smooth out any wrinkles and make sure the heel is in the heel pocket and the inspection hole is under your toes / ball of foot.
- Ensure you can put the stockings on and remove them yourself or have someone to help you with this.

Note: There is no right or left stocking. Also, you may find that placing a small plastic bag over the foot may assist in applying the TED stockings. Please ensure bag is removed once stocking is on.

Do Not

- Roll down your stockings while wearing them as they will form a tight band around your leg and restrict the blood flow to your leg.
- Apply ointments, oils, lanolin to your legs as these products will damage the elastic fibres of the stockings.
- Wear wet stockings
- Cross your legs when sitting or lying down.

Do

- Remove your stockings before having a shower/bath or wash
- Check for any skin problems daily before washing
- Check your stockings daily to ensure they are fitting properly and maintaining their elasticity

Problems

If any of the following occur, please inform your nurse if you are in hospital or if you are at home, remove the stockings immediately and contact your GP

- Stocking/s are too tight – signs of this include: numbness, tingling, pins & needles, pain or soreness in the foot or leg; pale/cool/discoloured foot or leg.
- A rash develops - this may mean you have an allergy to the elastic fibres in the stockings. There is skin discolouration or damage such as red marks and / or sores on your toes or feet.

How long will I need to wear them for?

Stockings should be worn constantly during the day and night until you get back to a normal level of activity or as instructed by your nurse or doctor.

Only remove the stockings for washing / bathing or showering.

How do I care for my stockings?

- Wash your stockings as often as necessary but at least every three days.
- Wash stockings by hand or machine wash in water no hotter than 95 degree centigrade with an added non bleaching washing agent.
- Spin, air dry or tumble dry at a maximum temperature of 70 degree centigrade.
- Do not iron or dry clean.
- Discard the stockings when they appear to have lost their elasticity or are damaged.

References / Acknowledgements: Mediven thrombexin manufacturer's instructions; Why Do I need to wear stockings? Patient information pamphlet, 2008, Bay of Plenty DHB; Anti-Embolism Stockings, patient information leaflet, NortherDevon Healthcare, NHS Trust, UK.