PATIENT NAME: _____

COMPRESSION STOCKINGS THERAPY GUIDE

There are 4 main compression levels which are measured in millimeters of mercury (mmHg). The higher the numbers, the higher the compression.

Compression Therapy Guide			
8-15 mmHg *Mild compression	15-20 mmHg *Moderate Compression	20-30 mmHg *Firm Compression	30-40 mmHg *Extra Firm Compression
Provides relief and minimizes tired and achy legs	For the prevention and relief of minor to moderate varicose and spider veins	Helps prevent and relieve moderate to severe varicose veins (also during pregnancy)	Helps prevent and relieve severe varicose veins
Prevents fatigued legs from long periods of sitting or standing	Helps relieve tired, aching legs, and minor swelling of feet, ankles, and legs	For post-surgical and post-sclerotherapy treatment to help prevent the reappearance of varicose and spider veins	Used in the treatment of severe edema and lymphedema
Helps relieve minor swelling of feet, ankles, and legs	During pregnancy, helps prevent varicose veins and spider veins	Helps in treatment of moderate to severe edema or lymphatic edema	Used in post-surgical and post-sclerotherapy treatment to help prevent the reappearance of varicose and spider veins
During pregnancy, helps prevent the formation of varicose and spider veins	Helps prevent deep vein thrombosis (DVT), also known as economy class syndrome	Helps with the management of active ulcers and manifestations of post-thrombotic syndrome (PTS)	Helps reduce symptoms of orthostatic hypotension and postural hypotension
Helps maintain healthy, energized legs	Used in post-sclerotherapy treatment to help prevent the reappearance of varicose veins and spider veins	Helps relieve superficial thrombophlebitis	For the management of Venous Ulcers and manifestations of Post-Thrombotic Syndrome
	Ideal compression level used for traveling long distances	Helps prevent orthostatic hypotension (sudden fall in blood pressure when standing)	Prevents DVT
		Helps prevent DVT	

Circumference around ankle: _____cm

Circumference around calves: _____cm

Length from knee to bottom of foot: _____cm