

Anti-Embolism Stockings



What are Anti-Embolism Stockings?

They are pressure stockings designed to prevent the formation of blood clots in your leg veins.

When do you need to wear anti-embolism stockings?

- When you do not move your legs as much as you used to, e.g. after an accident.
- During or after a major operation, as a form of risk prevention.
- When there is reduced mobility due to brain injury or surgery.

Why do you need to wear anti-embolism stockings?

- When mobility is restricted, blood flow decreases. This may result in the formation of blood clots, i.e. Deep Vein Thrombosis (DVT).
- If the blood clots flow in the blood stream, it may block your blood vessels or arteries which can result in:
 - Longer hospitalisation
 - Increased hospitalisation cost
 - Extensive treatment and long-term medication
 - Serious complications that may even be life-threatening

Before wearing, please ensure:

- Correct fit
 - Your legs will be measured to determine the size of stockings you need.
 - The pressure stockings should be neither too tight nor too loose.
 - No excess fats should be bulging from the top of the stockings.
 - The stockings should not roll down easily.
- Correct placement
 - The stockings should be worn from your feet to mid-thigh.
 - There should be no creases along the stockings.

How should the stockings be worn?

- 1 Insert one hand into the stocking, all the way to the heel pocket.



- 2 Grasp the heel pocket and turn the stocking inside out to the heel area.



- 3 Carefully position the stocking over your foot and heel. Ensure that your heel fits properly into the heel pocket.



- 4 Pull the stocking around your ankle and calf. The end of the stocking should fall in the middle of your thigh.



Anti-embolism stockings do's and don'ts

Do's

- Do check your skin condition (heels and pressure points) daily for redness or broken skin.
- Do monitor the nail bed for adequate perfusion.
- Do exercise and elevate your lower limbs.
- Do wash the stockings gently with soap.

Don'ts

- Do not apply oil under the stockings as this will destroy the fabric.
- Do not wear the stockings when they are either too tight or too loose.
- Do not leave the stockings off for long periods of time.
- Do not machine-dry the stockings; this reduces their elasticity.
- Do not continue to wear the stockings if any complication arises.

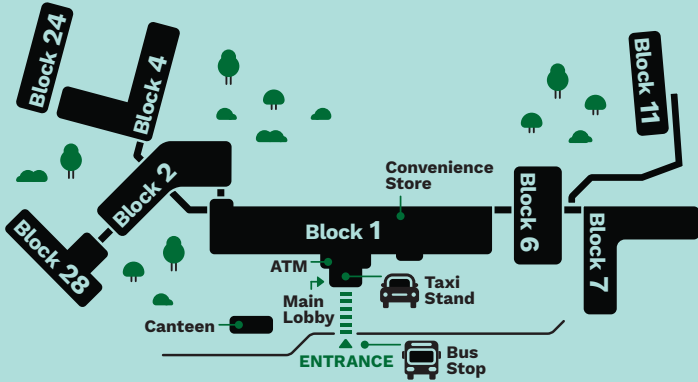
When should I seek medical help?

Consult a doctor (family doctor or specialist) if you experience the following symptoms:

- Itchiness
- Excessive pain
- Rashes
- Excessive numbness over fore foot or toes
- Skin breakdown
 - Skin injury and ulceration
- Redness

After office hours, please proceed to the **Alexandra Hospital Urgent Care Centre (UCC)**.

How to Get Around Alexandra Hospital



Block 1

Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

Level 2

- Clinic J, Integrated Care Clinic | Well Clinic
- Clinic K, Healthy Ageing Clinic | General Surgery Centre

Level 3

- Ward 7

Block 2

Level 1

- Clinic D, Dental Centre
- Clinic E, Orthopaedic Centre | Anaesthesia Outpatient Consultation Clinic

Level 3

- Day Surgery Operating Theatre (DSOT)

Block 4

Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

Level 2

- Wards 2 and 3

Level 3

- Wards 4 and 5
- Intensive Care Unit 2 (ICU 2)

Block 6

Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

Level 3

- Major Operating Theatres 3 and 4 (MOT 3 & 4)
- Intensive Care Unit 1 (ICU 1)

Block 7

Level 1

- Wards 8 and 9

Level 2

- Wards 10 and 11

Level 3

- Wards 12 and 13

Block 11

Level 1

- Rehabilitation 2

Block 24

Level 1

- Active Health Lab

Block 28

Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

Level 2

- Clinic B, Eye Surgery Centre

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (June 2019) and subject to revision without prior notice.

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