



How to recognise varicose veins

- Veins can appear lumpy and twisted
- They can be blue/purple in colour
- Can be painful and make the legs ache and swell
- Dry, itchy skin can also develop over the veins

In most cases, varicose veins are not serious and can be treated by wearing compression hosiery

If you have any of the following, your pharmacist may advise that you consult your doctor:

- Moderate to severe varicose veins
- Venous leg ulcers
- You want to prevent developing a DVT after an operation
- Your legs are swollen due to fluid accumulation
- You are on certain prescription medications
- You have diabetes or rheumatoid arthritis

Compression hosiery is not recommended in the following circumstances:

- Arterial blood flow conditions – wearing compression hosiery can worsen the problem
- If you have severe oedema (swelling) of the lower leg
- If you have certain local skin conditions e.g. dermatitis, recent skin graft operation
- If you have a sensitivity to the material in the hosiery

For further advice, our fully trained healthcare advisors are on hand in store to help. Alternatively, contact our customer service helpline on 1 890 708091 (local rate, calls may be recorded for training purposes) between the hours of 8am and 6pm Monday to Friday and 9am and 4pm on Saturday.

Products may be subject to stock availability.

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Boots Retail Ireland Limited

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Compression Hosiery Service

Your guide to Boots expert measuring and fitting service



feel good

What is compression hosiery?

Compression hosiery is used to manage a range of conditions affecting the legs, such as varicose veins (including during pregnancy), swelling of the legs and ankles or for the treatment of leg ulcers.

Why would I need compression hosiery?

Long periods on your feet at work, varicose veins, deep vein thrombosis (DVT), and pregnancy are some of the conditions that can cause painful swollen legs or ankles.

If you are going on a long journey (by plane or otherwise) you might also want to wear compression hosiery to prevent development of DVT. If you simply have tired, aching legs at the end of the day, wearing compression hosiery can help prevent this discomfort.

Compression hosiery can be used to prevent or treat these conditions. Whether you need support or are just looking for a way to make your legs feel better, your trained Boots healthcare advisor is available to answer your questions.

As different conditions may require different amounts of pressure on the legs, compression hosiery also comes in three different strengths called 'the class'.

Class 1

(light compression)

- Superficial or early varicose veins and swollen ankles
- After an operation and on long distance travel to help prevent deep vein thrombosis (low risk patients)

Class 2

(medium compression)

- Medium severity varicose veins and mild oedema (swelling)
- Prevention and treatment of venous leg ulcers
- Used after an operation and on long distance travel to help prevent deep vein thrombosis in high risk patients

Class 3

(strong compression)

- Used for severe varicose veins and severe oedema (swelling)
- Treatment and prevention of venous leg ulcers

What is the Boots Compression Hosiery Service?

Your trained Boots healthcare advisors provide a measuring and fitting service for people who would like to wear compression hosiery. The service consists of measuring, choosing and fitting you with a suitable compression hosiery product.

The measuring, selection and fitting process is carried out discreetly in the consultation room with a trained Boots healthcare advisor. The measurements will be taken each time you need new hosiery.

After the consultation you should understand:

- **The various types and grades of hosiery available.** Samples are available in store to help you reach your decision
- **How to care for the hosiery.** Following the manufacturer's instructions, two pairs of hosiery will last for up to six months
- **How to put on and remove the hosiery.** Your trained healthcare advisor will demonstrate how to do this. It is important to follow the manufacturer's instructions for each type of hosiery. If you need assistance, application-aids are available for you to use at home
- When you've chosen the most suitable type, the garment will be ordered in and be available for collection in store within 2-3 days

Why would I use this service?

- If you have symptoms of varicose veins
- If you are tired, aching legs
- If you have swollen ankles that are uncomfortable
- If you are pregnant and want to prevent varicose veins
- If you are going on a long journey and want to prevent DVT

How does compression hosiery work?

Compression hosiery works by putting pressure on the leg (i.e. 'squeezing') and helps the blood in the veins to flow in the right direction (i.e. up the leg towards the heart). Compression hosiery is designed to be tightest at the ankle and gradually get looser as it goes further up the leg.

Compression hosiery – the products

At Boots, you can choose from a number of different hosiery manufacturers – Activa, Scholl and Mediven. Your doctor may have recommended a particular brand.

Compression hosiery is available in different styles to suit the condition that needs to be treated. It is also available in various colours including black (often preferred by men), thigh length and below the knee (socks), and the hosiery may have open toes or closed toes depending on which type the user finds the most comfortable. Suspender belts are also available to hold the stockings up. A doctor may prescribe these or patients may use their own.

Depending on your requirement, there are several styles available:

- Below-knee stockings (open or closed toe)
- Below-knee ribbed socks
- Thigh-high stockings and hold ups
- Tights
- Maternity tights



Activa compression tights

Activa compression below-knee stockings