

ACTIVA NHS COMPRESSION HOSIERY

What are the benefits of activa hosiery?

The Activa range of hosiery is manufactured using the very latest knitting and yarn technology available today. We have found that by blending two modern yarns, Tactel Nylon and Lycra Soft, we can produce a soft luxurious texture to the hosiery whilst at the same time provide the ultimate in comfort, stretch and fit. The hosiery is backed by a team that is committed to quality and service, which has helped to make it the fastest growing medical hosiery range in the UK.

What the health professionals think...

"This study showed high adherence to treatment with compression hosiery. This could be attributed to the use of Activa stockings which, in the clinic nurses' experience, patients find easier to apply and find higher rates of comfort and aesthetic acceptance"

Ref: A recent extract from a study published in British Journal of Community Nursing, 2001, Volume 6. Number 3.

How compression hosiery works

Your compression hosiery works by applying a firm continuous graduated pressure to the muscles and veins in your legs. When your calf muscle contracts e.g. during walking, your hosiery will "give" and then return to its original position. By doing this your hosiery is able to assist your body's own natural mechanism for returning your blood back to your heart.

Indications for use

Class I FP10 – 14-17mmHg - Provides light compression and should be used for superficial or early varicose veins and swollen ankles.

Other indications – Activa Class I hosiery should also be considered post operatively and on long distance travel to help prevent deep vein thrombosis in normal risk groups - refer to Air Sock section on back page.

Class II FP10 – 18-24mmHg - Provides medium compression and should be used in medium severity varicose veins and mild oedema. Activa Class II hosiery can be used as part of the treatment for and to prevent the occurrence and recurrence of venous leg ulcers.

Other indications – Activa Class II hosiery should also be considered post operatively and on long distance travel to help prevent deep vein thrombosis in high risk patients.

Class III – 25-35mmHg - Provides strong compression and should be used for severe varicose veins and gross oedema. Activa Class III hosiery can be used for chronic venous insufficiency and in the treatment and prevention of venous leg ulcers.

Contra-indications

- People with diabetes unless under medical supervision.
- Significant arterial disease (ischaemia) according to vascular assessment.
- Congestive cardiac failure as compression can lead to cardiac overload.
- Known sensitivity to the fabric of the stocking.

Warnings and precautions

If you have had or believe you may have had any problems with your veins then it is important that you seek advice from a trained health professional before wearing any compression hosiery.

Use with caution where diabetes and rheumatoid arthritis are present as there may be microvascular disease.

People with diabetes may also have some degree of peripheral neuropathy which could cause problems if the stockings become too tight.

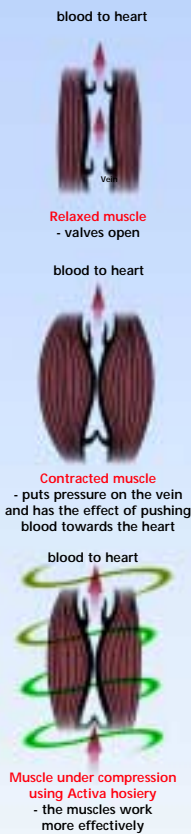
Care should be taken when applying hosiery over bony prominences and thin legs to avoid damage to the skin and circulation.

Your hosiery should not cause you any pain or discomfort, in the unlikely event of this happening please remove your hosiery immediately and seek advice from your pharmacist, nurse or doctor.

Recommendations

Patients should be assessed and measured for hosiery by a trained healthcare professional to ensure that the correct size and class of hosiery is prescribed or recommended.

Two pairs of stockings are normally prescribed and all patients should be reassessed every three months for new hosiery. (prescribers guides are available free of charge to health professionals by contacting the Customer Care Line).



Observe your skin regularly for signs of damage and contact the healthcare professional if:

- The stocking appears to have become too tight.
- The leg is more itchy, hot or painful than usual.
- Sensation diminishes in the toes or if they become cold or change colour.
- There are signs of leakage or new ulceration.

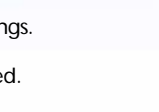
How to put on your activa hosiery

Your hosiery will provide strong support and improve the blood flow in your legs. Because they need to feel firm on your legs, your hosiery may take a little longer to put on than ordinary stockings or socks. If you use a regular moisturiser on your legs, this will help to keep your skin in good condition.

The following guide shows the easiest way to apply your hosiery.

It is important that you continue to wear your hosiery as prescribed by your Nurse or Doctor.

- 1 Slip your hand down the inside of the stocking.
- 2 Gently grasp the heel area and pull the stocking inside out. This will leave the toe region still tucked in.
- 3 Fold back the edge about an inch/2-3 cms so you can easily slip your toes into the front of the stocking.
- 4 Unfold that inch as you get your toes and heel into the right position.
- 5 Gently pull the rest of the stocking over the foot, heel and ankle.
- 6 Pull the stocking up your leg in stages
- **TRY NOT TO FORCE IT!**
- 7 Below knee stockings have to be pulled up to the bend at the back of your knee. If it is a thigh length stocking it has to be up to the middle section of your thigh.



- 8 It is best to use at least 2 suspenders on thigh length stockings.
- 9 On all hosiery make sure that your toes are NOT restricted.

How to remove your activa hosiery

- All Activa hosiery should be peeled off gently
- Do NOT roll the stocking to remove

Looking after your activa hosiery

- If cared for correctly, your Activa hosiery will give the recommended level of compression for up to 100 washes.
- Activa hosiery can be hand washed at a maximum of 40°C, do not use bleach
- Do not tumble dry, do not dry clean or iron, dry away from direct heat
- Care should be taken to ensure hosiery is not damaged by callouses, rough hard skin and nails
- Check footwear being worn for any signs of damage which could lead to premature wear of your hosiery

Useful Information

Your leg measurements should be taken in the morning before any swelling occurs.

Avoid knocks to the legs and exposure to excessive heat.

Rolled down stockings and tight garters can cause damage to the skin and circulation.

Avoid crossing your legs and try to take regular exercise to improve the circulation.

Stop or reduce smoking to lessen the risk of damage to your arteries.

If you are relaxing at home, keep your feet above the level of your heart (as shown) to improve the circulation to your legs.

