

# THIGH LENGTH ANTI-EMBOLISM STOCKING FITTING GUIDE

LATEX  
FREE

## Careful measurement and correct size selection is critical for all anti-embolism stockings (AES):

- Measure the **smallest** ankle circumference (1)
- Measure the **largest** calf circumference (2)
- Measure the **largest** thigh circumference (3)
- Measure the **length** from the bottom of the heel to the gluteal crease (4)

Refer to the Thigh Length size chart for the correct size of AES. If the ankle, calf and thigh circumference size do not follow the same line on the chart, please use the guidance below:

- If the ankle indicates a larger size than the calf, use the ankle measurement to determine stocking size
- If the calf indicates a larger size than the ankle, use the calf measurement to determine stocking size
- If the thigh indicates a larger size than the ankle and calf, use the thigh measurement to determine stocking size
- Measure with the leg bent so an accurate leg length measurement can be taken
- Ensure to measure both of the patient's legs
- Ensure patients are routinely re-measured if necessary



## HOW TO APPLY



1 Put your hand inside the foot area of the stocking



2 Turn stocking inside out stopping at heel. Spreading fingers, leave foot area over the palm of your hand



3 Stretching heel area sideways, fit stocking over patient's foot and heel. Be sure patient's heel is in centre of blue heel pocket (to eliminate any unwanted pressure on the heel or toe areas)



4 Grasp top of stocking and pull over foot and ankle. Work up over leg, stretching stocking outwards. Smooth out wrinkles



5 Ensure compression break in gusset is positioned in the inside of upper thigh area to allow proper blood flow in the femoral artery and vein



6 Ensure stocking is properly positioned over the foot area relieving any possible pressure on the toes to allow free movement without constriction (achieved by adjustment at the toe inspection hole)

## CONTRAINDICATIONS

- Suspected or proven peripheral arterial disease
- Peripheral arterial bypass grafting
- Peripheral neuropathy or other causes of sensory impairment
- Local conditions in which stockings may cause damage e.g. dermatitis, gangrene, fragile 'tissue paper' skin or recent skin graft
- Cardiac failure
- Severe leg oedema or pulmonary oedema from congestive heart failure
- Unusual leg size or shape
- Major limb deformity preventing correct fit
- Known allergy to materials

Use caution and clinical judgement when applying AES over venous ulcers or wounds

## THIGH LENGTH SIZE CHART

(1) Ankle Circumference	(2) Calf Circumference	(3) Thigh Circumference	(4) Length	Style No.	Size	Size Colour Code (Top)
17.5cm - 20cm	25.5cm - 33cm	40.5cm - 51cm	74cm - 79cm	611	Small Regular	Yellow
20cm - 22.5cm	30.5cm - 38cm	48cm - 61cm	74cm - 79cm	621	Medium Regular	Natural
22.5cm - 25.5cm	35.5cm - 43cm	58.5cm - 68.5cm	74cm - 79cm	631	Large Regular	Navy
25.5cm - 28cm	40.5cm - 48cm	63.5cm - 76cm	74cm - 79cm	641	X Large Regular	Green

All stockings are available in short, regular and long lengths - please refer to back of packaging and website for full size availability.

**Please ensure top band of stocking is not rolled or folded down as this can constrict blood flow. If the stocking is too long or too short, refer to other available leg lengths on back of packaging or see website.**

## DAILY MONITORING

- Inspection hole on the **underside** of foot allows for monitoring of pulse, skin colour and temperature
- AES should be removed daily for hygiene purposes and to inspect skin condition
- Discontinue use of AES if there is marking, blistering or discolouration of skin, particularly over heels and bony prominences, or if patient has pain or discomfort