

# Applying Anti-Embolism Stockings

Elastic anti-embolism stockings to help prevent clotting if you are at risk for deep vein thrombosis or pulmonary embolism. By applying pressure, these stockings increase the velocity of blood flow in the superficial and deep veins and improve venous valve function. The stockings are available in knee-high and thigh-high lengths. Some are designed with toe openings so your caregiver can assess the feet for circulatory problems.

1. Apply anti-embolism stockings before you stand in the morning, when edema is less likely.
2. If you've already been up and walking around lie down with your legs elevated for 15 to 30 minutes.
3. Lightly dust your ankle with powder to ease the application of the stocking.
4. Insert your hand into the stocking from the top and grab the heel of the stocking from inside. Turn the stocking inside out so that the foot section is inside the stocking leg.
5. Ease the stocking over the toes, stretching it sideways as you move it up your foot. Point your toes to ease on the stocking.
6. Center your heel in the heel pocket. Gather the loose material at your ankle and slide the rest of the stocking over your heel with short pulls, alternating front and back.
7. Ease the stocking up your leg and to the knee. Stretch the stocking toward the knee, front and back, to distribute the material evenly. Make sure the stocking fits snugly **WITHOUT WRINKLES**.
8. Make sure the top of the stocking is below the crease at the back of the knee.
9. **NEVER** allow the stocking to be rolled part way down the leg or bunched up in a way as they will create pressure on your leg veins.