Hygiene 2.4: Anti-Embolism Stockings

Applying the thigh length TD anti-embolism stockings.

 Insert your hand into the stocking as far as the heel pocket. Grasp the center of the heel pocket and turn the stocking inside out to the heel area. Carefully position stocking over the foot and heel. Be sure patient heel is centered in heel pocket. Maneuver the stocking up and around the ankle and calf.

Continue placing the stocking up the leg a few centimeters at the time. The stitch chain should fall between two to four centimeters below the bend in the knee. As the thigh portion of the stockings is applied start rotating stocking inward so the gusset is centered within the inside of the leg.

Review application to ensure stocking is not gathered clumped or otherwise incorrectly applied smooth stocking out to ensure patient comfort.

Measuring a knee length stocking.

To choose a knee length stocking, measure the calf at the widest point. Measure length from the bend behind the knee to the base of the heel.

Applying the knee length CED anti embolism stockings.

Insert your hand into the stockings as far as the heel pocket. Grasp the center of the heel pocket and turn the stocking inside out to the heel area. Carefully position the stocking over the foot and heel. Be sure patient heel is centered on heel pocket. Maneuver the stocking up and lift around the ankle and calf. Continue placing the stocking up the leg a few centimeters at a time. Ensure the stocking is 2.5 to 4 centimeters below the knee. Make sure the heel and toe are positioned correctly. Smooth out any excess material between the top of the stocking and the ankle. Pull the toe section forward to smooth the ankle and instep area and allow for patient comfort.

Monitoring and minimizing complications.

Neurovascular and skin integrity checks should be performed regularly and documented according to hospital policy. Efficacy can be increased by combining anti-embolism stockings with intermittent pneumatic compression and or pharmacological prophylaxis. Ill-fitting stockings can reduce their effectiveness and potentially increase the risk for complications such as bruising, discomfort, skin breakdown, and pressure injury. It is essential to avoid incorrect application, gathering, folding over stockings, or having the heel pocket on the top of the foot. All of these situations may be avoided through correct measurements and regular evaluation of application.