

## Finding the right compression

1. Start by doing a Google Search for “compression stockings.” I have some compression options on my website at [doctorlovejoyevans.com](http://doctorlovejoyevans.com) under CVI.

### **Look for guarantees/return policy & shipping.**

2. Look for the amount of pressure (tightness) and the size. If swelling only to the knee, get knee-high compression socks.

If swelling above the knee get thigh-high socks or pantyhose.

Some people use knee highs with biker shorts.

Start with pressure of 20-30mmHg, increase pressure if needed.

**Size: girth of ANKLE: \_\_\_\_\_ CALF : \_\_\_\_\_ THIGH: \_\_\_\_\_**

3. There are different fabrics, styles, sizes, and pressure amounts.

4. Wear the sock during the day and off at bedtime.

5. At night lotion the legs to help maintain the hydrolipid layer of immunological protection of the skin.

6. Continue doing the Manual Lymphatic Drainage massage hourly.

7. If you continue to swell or have discomfort, purchase the next tighter pair of socks, or try layering two socks to add more pressure.

8. Wear this next tighter pair of socks during the day and continue the massage.
9. If you notice cutting into the leg from the sock, it is not that the sock is too tight, but that you are continuing to swell around the sock, so you need a tighter amount of compression.
10. Once you find the amount of compression (controlling swelling and any symptoms or discomfort) and the correct size and you like the fabric, then purchase more so you can launder them daily.
11. Wash your socks in the machine on warm and hang to dry.
12. Washing will tighten them back up and make them last longer.
13. Check garments monthly for signs that you need new socks.
14. If you require a tighter/snugger sock and you cannot get it on, you will likely need to go to a more expensive “custom-fit” compression sock, and your therapist can help you with this. Or use a neoprene and Velcro wrap like the Circaid Juxtafit HD lower legging wrap.
15. Once you find that the limb is staying the same size in the evening that it was in the morning, you have found the right compression.
16. Now reduce the frequency of the MLD massage and find the frequency needed to keep things under control.