



T.E.D.™ Anti-Embolism Stockings



COVIDIEN



You have been given this information because you are spending time in the hospital. This booklet contains important information about why you are wearing T.E.D.™ anti-embolism stockings.

If you are unclear about any of the information contained in this booklet, or would like to know more about the risks and causes of Deep Vein Thrombosis (DVT), please ask your doctor or nurse.



**T.E.D.™ anti-embolism stockings** are the only stockings clinically proven in physician reviewed, published studies on over 20,000 hospital patients to help reduce the risk of developing DVT<sup>†</sup>

### Indications

- To help prevent formation of Deep Vein Thrombosis.
- To promote increased blood flow velocity in the legs by compression of the deep venous system.

### Contraindications

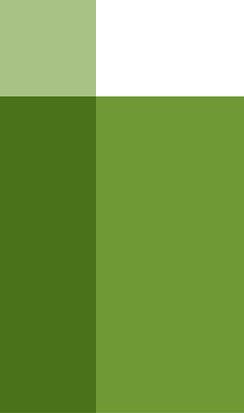
Stockings are not recommended for patients with the following:

- Any local leg condition in which stockings would interfere, such as dermatitis, immediate post-operative vein ligation, gangrene or recent skin graft.
- Severe arteriosclerosis or other ischemic vascular disease.
- Massive edema (swelling) of legs or pulmonary edema from congestive heart failure.
- Extreme deformity of leg.

<sup>†</sup>References available upon request

A photograph of a hospital room. In the center is a white metal bed frame with a white sheet and a blue blanket. To the right of the bed is a wooden bedside table with a plate of fruit (apples, oranges, and bananas), a vase of pink and white flowers, and a glass of water. The room has light-colored walls and a wooden floor. A large green overlay is on the left side of the image, and a smaller green square is in the top right corner.

# *What is Deep Vein Thrombosis?*

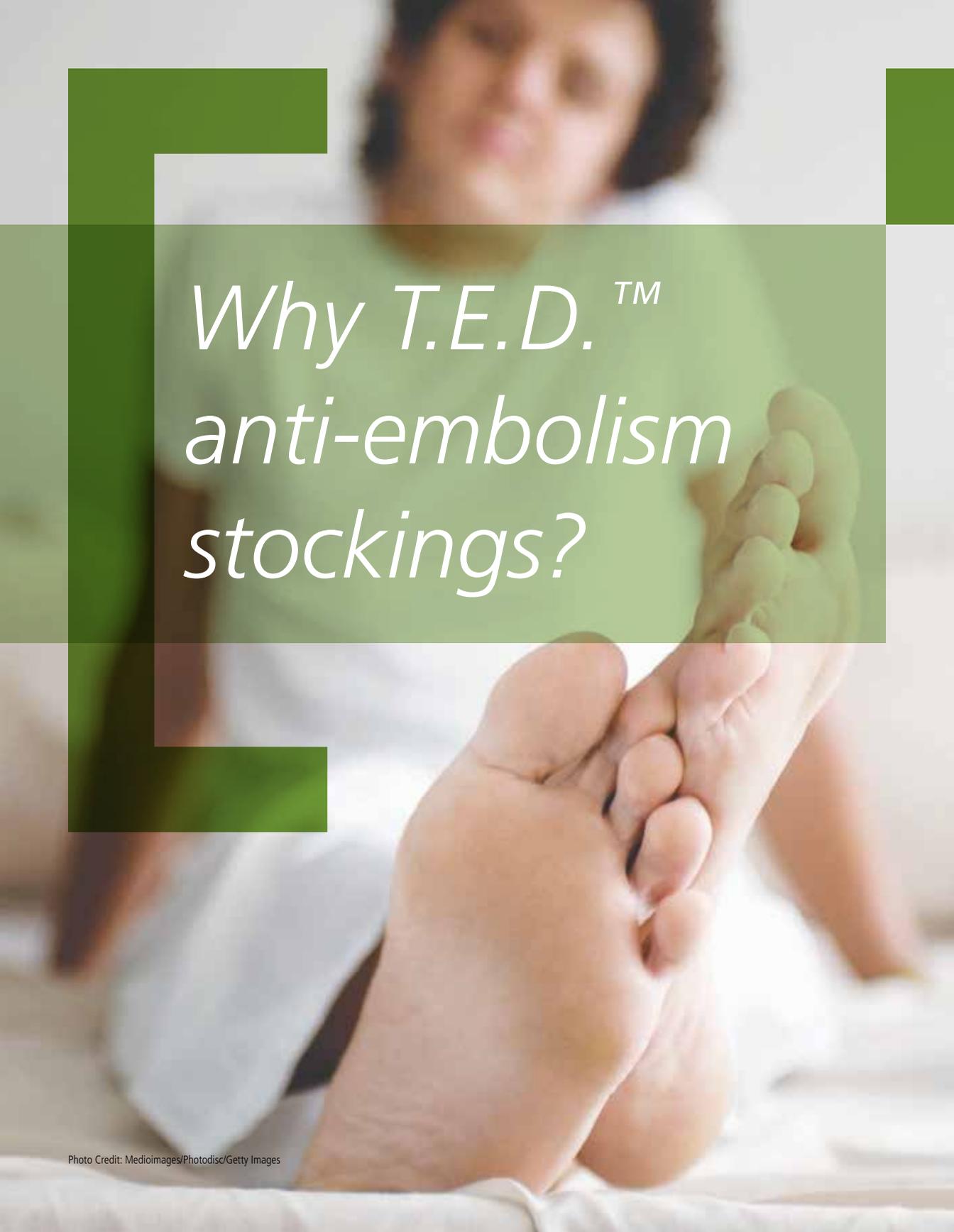


Deep Vein Thrombosis (DVT for short) is the name given to blood clots that can form in the veins of your leg following surgery or long periods of bed rest in the hospital, among other reasons. If the clot becomes loose, it can break away and travel through the veins to the heart and lungs and may block a major blood vessel. This is known as a Pulmonary Embolism or PE. Pulmonary Embolism is a serious condition which in some cases may be fatal.

There are three major factors that may cause a DVT to form:

1. When you lie or sit in the same place for a long period of time, the speed that blood flows through the legs becomes slower. If blood flows slower, it may cause it to clot.
2. Inactivity, the effects of certain drugs, muscle relaxants or anaesthetics can cause the veins to become wider and tear. Blood clots are more likely to adhere to the tears in the wall of the vein.<sup>1</sup>
3. Changes can occur in the way your blood clots. Certain medications and inactivity may change your blood's normal coagulation process, leading to blood clots.

DVT is recognized as a major health risk in hospitals around the world, so during your stay in the hospital you may receive high quality, clinically-proven T.E.D.™ anti-embolism stockings and possibly anti-coagulant drugs or intermittent pneumatic compression sleeves to help prevent this from happening.



*Why T.E.D.<sup>™</sup>  
anti-embolism  
stockings?*

## T.E.D.™ ANTI-EMBOLISM STOCKINGS HELP REDUCE THE THREAT OF BLOOD CLOTS FORMING IN YOUR LEGS.

Blood clots can form in anyone, but the threat of their formation is much greater during a hospital stay.

T.E.D. anti-embolism stockings improve blood circulation in the leg veins by applying graduated compression.

### USING T.E.D.

#### ANTI-EMBOLISM STOCKINGS

Not all anti-embolism stockings have the same level of direct clinical evidence of protection as T.E.D. anti-embolism stockings, which have the T.E.D. logo clearly visible on the foot.<sup>†</sup>

A member of staff must measure you correctly using a fitting chart before applying stockings. Correct fitting of your stocking will avoid discomfort or skin irritation and help maximize your protection.

Your stockings should be worn during your stay in the hospital as directed by your doctor or nurse. You should wash and inspect your legs daily and report any concerns immediately to your doctor or nurse.

Your stockings should be changed every 2-3 days.

#### PRECAUTIONS

- Do not allow your stocking to roll down as this may cause constriction and impede your blood flow.
- Do not turn down the top of the stocking.
- For thigh length stockings, the stitch change (change in fabric sheerness) should fall between one and two inches below the bend in the knee.
- For knee length stockings, do not cover any portion of the knee.

#### *Did You Know...*

*According to a study done by Dr. Sigel, the effect of graduated compression stockings on venous velocity lasts up to 30 minutes after removal of stockings.<sup>1</sup>*

<sup>†</sup> References available upon request.

1. Sigel, et al. Compression of the Deep Venous System of the Lower Leg During Inactive Recumbency. Archives of Surgery, 1973 Vol 106.

# Wear & Care

## APPLICATION GUIDELINES

Use the correct application instructions for your style of T.E.D.™ anti-embolism stockings.

- The seam on the gusset must remain on the outside of the stocking.
- The smooth side goes next to your skin.
- There is no right or left stocking - the stockings fit either leg.

## APPLYING

Stockings are applied on the leg like ordinary hosiery.

If the stockings are gathered together in the typical “donut” fashion, the effect of the elastic material is multiplied many times and makes application difficult.

By following the basic steps detailed in the next section, T.E.D. anti-embolism stockings are easily applied.

*Do not pass your stockings to another friend or family member, as everybody has different leg sizes. Fitting the wrong size of stocking may cause pain and a worsening of any condition.*

*With correct care, T.E.D.™  
anti-embolism stockings  
can last up to 3 months.*

*(approximately 30 washings)*

#### **LAUNDERING AND CARE**

Properly sized stockings need to be removed daily during bathing to inspect the condition of your skin.

**Stockings should be washed every 2 to 3 days or sooner if soiled.**

Laundrying increases length of wear by removing bodily secretions from the elastic threads. Keep the stockings free from ointments, oils, lanolin, and similar substances which may deteriorate elastic.

#### **SIMPLE INSTRUCTIONS FOR LAUNDERING:**

1. May be washed in commercial washers with other “light” goods. Water temperature should not exceed 160°F (71°C). Avoid excessive bleach.
2. May be dried in commercial dryers with temperature going from that of the wet wash to a maximum of 250°F (121°C) over a time period of 15 to 20 minutes. Remove from the dryer when cycle is completed as temperatures rise sharply when load is dry. Prolonged heat can reduce the wear life.

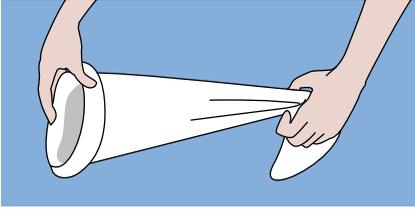
A large, dark green, stylized letter 'L' graphic is positioned on the left side of the page. The vertical bar of the 'L' is on the left, and the horizontal bar extends to the right, framing the text on its right side.

# *Knee Length Instructions*

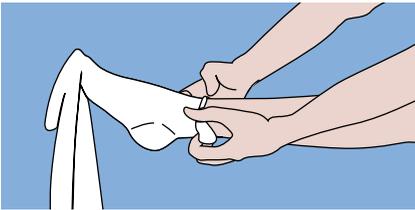
Please take time to make sure  
the stockings are on correctly  
and feel comfortable.



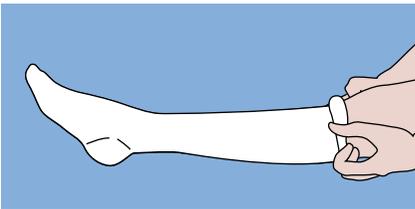
**1** Insert hand into stocking as far as the heel pocket.



**2** Grasp center of heel pocket and turn stocking inside out to heel area.



**3** Carefully position stocking over foot and heel. Be sure heel is centered in heel pocket.



**4** Pull stocking up and lift around ankle and calf, working up to final position (top of stocking is positioned approximately one to two inches below the bottom of knee cap). Make sure heel and toe are positioned correctly. Smooth out any excess material between top of stocking and ankle. Pull toe section forward to smooth ankle and instep area and allow for toe comfort.

A large, dark green, stylized letter 'L' graphic that frames the main title text on the left side of the page.

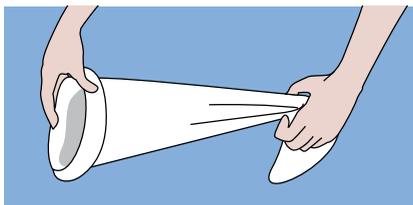
# *Thigh Length Instructions*

*without belt*

Please take time to make sure  
the stockings are on correctly  
and feel comfortable.



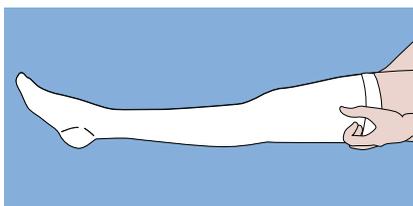
**1** Insert hand into stocking as far as the heel pocket.



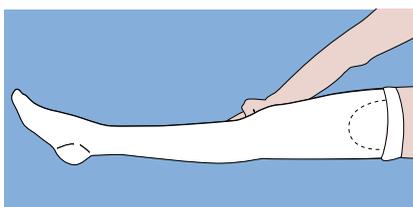
**2** Grasp center of heel pocket and turn stocking inside out to heel area.



**3** Carefully position stocking over foot and heel. Be sure heel is centered in heel pocket.



**4** Begin pulling body of stocking up around the ankle and calf. The stitch change (change in fabric sheerness) should fall between one to two inches below the bend of the knee.



**5** As thigh portion of the stocking is applied, start rotating stocking inward so the gusset is centered over the femoral vein. The gusset is placed slightly towards the inside of the leg and the top band should rest in the gluteal fold (the line at the bottom of the buttocks). Smooth out any excess material keeping stitch change and gusset in place. Pull toe section forward to smooth ankle and instep to allow for toe comfort.

# *Thigh Length Instructions*

*with belt*

**Please take time to make sure the stockings are on correctly and feel comfortable.**

**Belt must be worn at all times.**

## **BELT ADJUSTMENTS:**

**Fasten:** thread waist belt up through the first opening and down through the second opening.

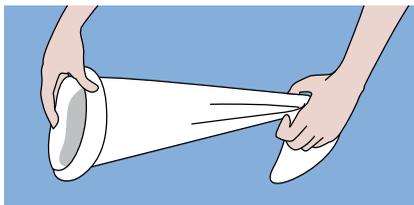
**Tighten:** pull belt forward through the buckle.

**Lock:** bring loose end of belt up under prongs. If belt is too long, cut off excess leaving at least 5 cm beyond the buckle.

**Loosen:** remove waist belt from buckle prongs and thread belt back through the buckle.



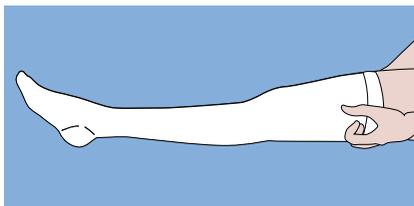
**1** Insert hand into stocking as far as the heel pocket.



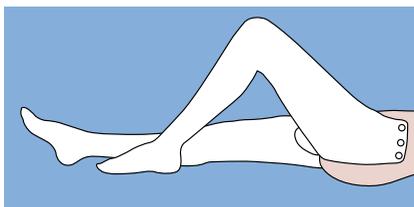
**2** Grasp center of heel pocket and turn stocking inside out to heel area.



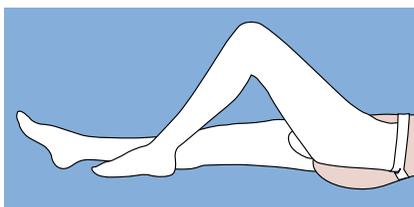
**3** Carefully position stocking over foot and heel. Be sure heel is centered in heel pocket.



**4** Begin pulling body of stocking up around the ankle and calf. The stitch change (change in fabric sheerness) should fall between one to two inches below the bend of the knee.



**5** At the knee, begin turning the stocking to position the side panels. The stocking should be applied so that the upper thigh hem rests in the groin and at the gluteal fold (the line at the bottom of the buttocks). Be sure the seam is flat against the body and side panels are at the hip bone. Apply the second stocking in the same manner.



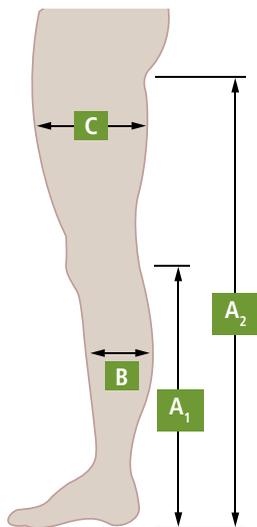
**6** Unfold the waist belt and bring it around the waist. The smooth side of the belt should rest against the skin. Fasten the waist belt snaps to the stockings. Connect waist belt buckle and adjust waist so that it is sufficiently tight to hold the stocking in place.

**7** Keeping the stitch change and upper thigh hem in place, smooth out any excess material with the palm of the hands. Pull the toe section forward to smooth ankle and instep area and allow for toe comfort.

T.E.D. anti-embolism stockings in closed-toe style can be ordered in Knee Length (white, beige, black) or Thigh Length (white only) for the recuperating patient.

**Call 1-800-962-9888.**

*Visa, MasterCard or Check accepted.*



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Hospital name and ward: \_\_\_\_\_

To select the appropriate T.E.D.™ anti-embolism stocking please complete the below table for relevant size and style.

Ref	Measurements	Knee Length	Thigh Length
A <sub>1</sub>	Length from bend of knee to bottom of heel		N/A
A <sub>2</sub>	Length from gluteal furrow to bottom of heel	N/A	
B	Calf circumference		
C	Thigh circumference	N/A	

Size: \_\_\_\_\_ Code: \_\_\_\_\_

*Studies have shown that the risk of developing blood clots can continue up to 6 weeks after you leave the hospital. As the risk continues, so should the protection.<sup>3</sup>*

3. Bratzler, et al. Development of National Performance Measures on the Prevention and Treatment of Venous Thromboembolism. JOURNAL OF THROMBOSIS AND THROMBOLYSIS, Nov. 2009

[www.covidien.com/ted](http://www.covidien.com/ted)

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