

## Why have I been given this leaflet?

You have been given this leaflet because you are going to be spending some time in hospital; It will contain important information about why you are wearing T.E.D.™ Anti-embolism stockings

### WHAT IS A 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 hospital. If the clot becomes loose, it can break away and travel through the veins to the heart and lungs and block a major blood vessel. This is known as a Pulmonary Embolism or PE. and is a serious condition which in some cases can 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.
2. Inactivity, or the effects of certain drugs, muscle relaxants or anaesthetics can cause the veins to become wider.
3. Changes can occur in the way that your blood clots.

DVTs are recognised as a major health risk in hospitals around the world, so during your stay in hospital you will receive high quality, clinically-proven T.E.D.™ anti-embolism stockings and possibly anti-coagulant drugs to help prevent this from happening.

### HOW DO T.E.D.™ ANTI-EMBOLISM STOCKINGS REDUCE THE RISK OF DVT AND PE?

T.E.D.™ anti-embolism stockings have been clinically proven to reduce the occurrence of DVT's. By gently compressing your legs, the stockings increase the speed of the blood flow, and prevent your leg veins from expanding. This will stop blood pooling in your legs and forming a clot.

### SIGNS AND SYMPTOMS

One of the biggest problem is that often DVT's can occur without symptoms, however if you experience any of the following signs or symptoms, then you should inform a member of the healthcare team or your GP immediately.

- Calf pain in either leg (throbbing, tightness)
- Lower limb swelling
- Any redness/skin inflammation to your calf / thigh area
- Shortness of breath
- Coughing with blood stained phlegm
- Chest pain or discomfort



### APPLICATION OF THE T.E.D.™ ANTI-EMBOLISM STOCKING

Not all anti-embolism stockings have the same high level of direct clinical proof of protection as T.E.D.™ anti-embolism stockings, which have the T.E.D.™ logo clearly visible on the foot and T.E.D.™ stamped around the top band of the stocking.

A member of staff must measure you correctly using a fitting chart before applying stockings. Correct fitting of your stocking will avoid any sores or discomfort and maximise your protection.

Whenever possible you should ask for thigh length stockings, because this style will give you greater protection against the more dangerous femoral clots.

Your stockings should be worn day and night during your stay in hospital and you should wash and inspect your legs daily and report any concerns immediately.

Your stockings should be changed every 2-3 days.

Do not allow your stocking to roll down as this may cause constriction and impede your blood flow.

### CONTINUING CARE PATIENT INFORMATION UPON DISCHARGE FROM HOSPITAL

You may still be at risk of developing a DVT up to 6 weeks following your stay in hospital.

You will therefore probably be advised to continue wearing your T.E.D.™ stockings for this period. Your doctor or nurse will advise you if you need to continue to wear them and for how long. They will also advise you about exercise, physiotherapy, and regular movement of your legs.

This is part of your body's natural reaction to either your operation or long periods of immobility. Even though you may be receiving physiotherapy or walking around, damage could already have occurred inside your deep veins.

Further information about protecting yourself after leaving hospital is given on the back cover.

Your stockings should be changed every 2-3 days.

*"If you are unclear about any of the information contained in this leaflet, or would like to know more about the risks or causes of deep vein thrombosis, please ask your doctor or nurse."*

## REST.E.D.™ STOCKINGS FOR THE CONVALESCING PATIENT

You may be interested to know there are colour versions of your white T.E.D.™ stockings available. These have the same compression profile as T.E.D.™ and so provide all the clinically-proven benefits of your hospital quality stockings. Now we can give you the option of black white or beige with a closed toe. You will be able to keep yourself discreetly protected from DVTs whilst wearing your everyday clothes.

To ensure you get the correct size, please record details of the stockings you have been issued with during your stay in hospital in the box below:

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

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

### Leg measurements:

Thigh circumference: \_\_\_\_\_ Calf circumference: \_\_\_\_\_

Leg length: \_\_\_\_\_ SIZE: \_\_\_\_\_ CODE: \_\_\_\_\_

Please ask your Outpatient Department for a REST.E.D.™ patient information leaflet, or contact any of the following to obtain your correctly-sized pair and chosen colour.

Covidien Direct  
01329 224226  
uksales@emea.tycohealthcare.com

Visit your nearest Pharmacy.

*“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.”*

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COVIDIEN (UK) COMMERCIAL LTD  
4500 PARKWAY  
WHITLEY, FAREHAM  
HAMPSHIRE PO15 7NY  
UNITED KINGDOM

+44 (0) 1329 224226 / 224411 (1)  
+44 (0) 1329 224334 / 224390 (1)  
UKSALES@COVIDIEN.COM (E)

WWW.COVIDIEN.COM



T.E.D.™ Anti-embolism Stockings  
Patient Information

