



British Standard  
Compression Hosiery

## Patient Information





## British Standard Compression Hosiery



**Altiform** stockings provide graduated compression. This means that the compression is higher at the ankle and gradually reduces up the leg. Graduated compression stockings gently squeeze the legs to improve blood flow. The aim of the stockings is to counteract the raised pressure in the leg veins.

The increased pressure of blood in the leg veins is due to blood collecting in the smaller veins next to the skin. The blood tends to collect and pool because the valves in the larger veins have become damaged.

Veins in the legs have one-way valves, which prevent blood flowing backwards as it is pumped upwards towards the heart. Sometimes, these valves become damaged, which means the blood return is not efficient. This causes increased pressure in the vein that can lead to fluid leaking into the surrounding tissue.

Symptoms of damaged valves include:

- Tired, aching or heavy legs
- Swollen ankles
- Varicose Veins
- Red/brown staining above the ankle
- Ulcers within the stained skin
- Wounds that are slow to heal



Unfortunately, damaged valves do not heal so Altiform stockings provide the compression required to support the valves and veins and help the blood flow up the legs, reducing any associated symptoms. It is important that you wear your Altiform stockings every day, or as often as you have been advised to by your healthcare professional.



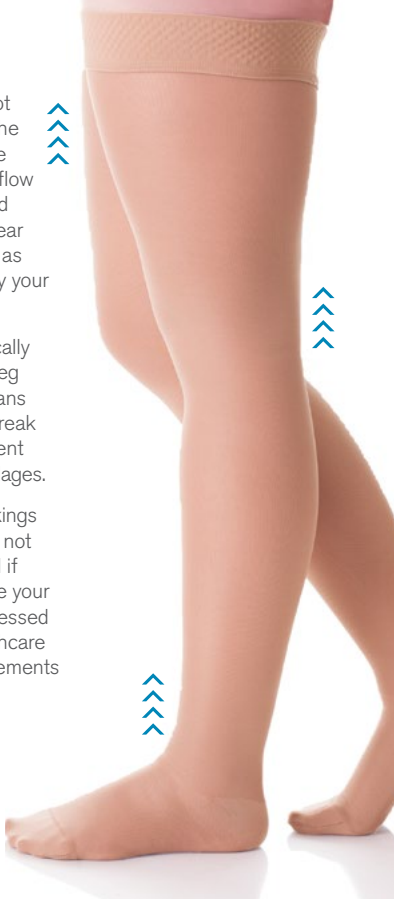
Compression hosiery has been clinically proven to reduce the recurrence of leg ulcers. Not wearing your hosiery means that your leg ulcer is more likely to break down again, requiring further treatment with dressings and compression bandages.



It is important that your Altiform stockings fit well. If they are too loose they will not provide the correct compression and if they are too tight, they could damage your skin. You should therefore be re-assessed and measured regularly – your healthcare professional will advise. Leg measurements should be taken by an experienced healthcare professional.



**Altiform** stockings are latex free.



## Caution

If you have any concerns about the use of compression hosiery, or if your legs become itchy, painful or hot, the stockings feel too tight or you lose sensation in your toes, or you notice colour changes to your skin **consult your healthcare professional immediately for advice.**

## Indications

Altiform is available in three classes of graduated compression.

### **Class I**

(14 – 17mmHg compression at the ankle)

For superficial or early varices, varicosis during pregnancy, swollen or aching legs and ankles. Suitable for long distance travel.

### **Class II**

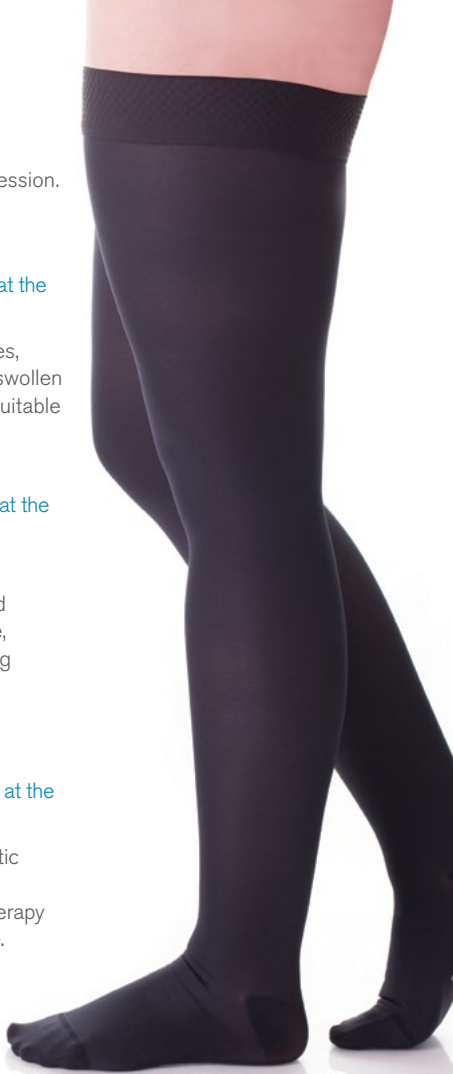
(18 – 24mmHg compression at the ankle)

Varices of medium severity, venous leg ulcer therapy and the prevention of recurrence, mild oedema, varicosis during pregnancy. Suitable for long distance travel.

### **Class III**

(25 – 35mmHg compression at the ankle)

Gross varices, post thrombotic venous insufficiency, gross oedema, venous leg ulcer therapy and prevention of recurrence.



## Contraindications

Altiform Compression stockings should not be worn if you have:

- Heart Failure that despite treatment, still causes significant symptoms e.g. breathlessness
- Peripheral Arterial Disease (PAD) in legs, also known as Peripheral Vascular Disease (PVD)
- Ischaemic Heart Disease (IHD), also called Coronary Artery Disease
- Untreated Cellulitis or Phlebitis in the leg

If in any doubt please contact an appropriate Healthcare Professional.

Use with caution and only under Medical / Healthcare Supervision or advice with the following conditions:

- Diabetes
- Rheumatoid Arthritis (RA)

## Available Styles in S, M, L and XL

	BELOW KNEE		THIGH	
	Open Toe	Closed Toe	Open Toe	Closed Toe
Class I	●	● ●	●	● ●
Class II	●	● ●	●	● ●
Class III	●	●	●	● ●

● Soft Beige

● Black



## Applying your Altiform compression stockings

**Altiform compression stockings** are designed to provide the optimum fit, compression, and comfort when applied correctly according to the recommended application guidelines.

### Application Guidelines:

- Put on your Altiform stockings first thing in the morning before any swelling has had a chance to build up in the legs, ankles and feet
- Slide your hand into the stocking and turn it inside out as far as the heel pocket
- Fit the stocking over the foot, ensuring the heel is correctly fitted into the heel pocket and the toes are not restricted
- Ease the stocking up the leg in small sections – don't pull it up from the top
- Below knee stockings should come to just below the knee bend and thigh length to mid-thigh
- Smooth out any wrinkles or creases in the hosiery
- **DO NOT** roll back the top of the stocking as this may cause restriction in blood flow
- Ensure you can “wriggle” your toes comfortably



## How to remove your Altiform stockings

Remove your Altiform compression stockings carefully.

Peel your stockings back from the top, turning them inside out as they are removed.

Remember to turn your stockings the right way out before washing or re-using them.

## Caring for your Altiform stockings

Avoid damage to your Altiform stockings by smoothing rough edges from finger and toe nails and removing jewellery when putting them on or taking them off. It is advisable to wear footwear whenever possible to help prevent excessive wear on your hosiery.

**Altiform** stockings should be hand washed at 40°C and should be left to dry flat away from direct heat.

**DO NOT** iron, tumble-dry, dry clean or bleach your Altiform stockings.



**Altiform** stockings are designed to last for a minimum of 3 months if cared for correctly.

If you have any questions about using or caring for your stockings please consult your local healthcare professional.

# Sockaid™

**Sockaid** has been specifically designed to help you apply your compression hosiery. It is available on prescription and details are available from your local pharmacist.



# Altiform®

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For further information visit  
[www.altimed.co.uk](http://www.altimed.co.uk)



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Altimed, an Urgo Medical Company – Sullington Road Shepshed Loughborough LE12 9JG  
Tel: 01509 501720 Fax: 01509 501721 Email: [enquiries@altimed.co.uk](mailto:enquiries@altimed.co.uk)