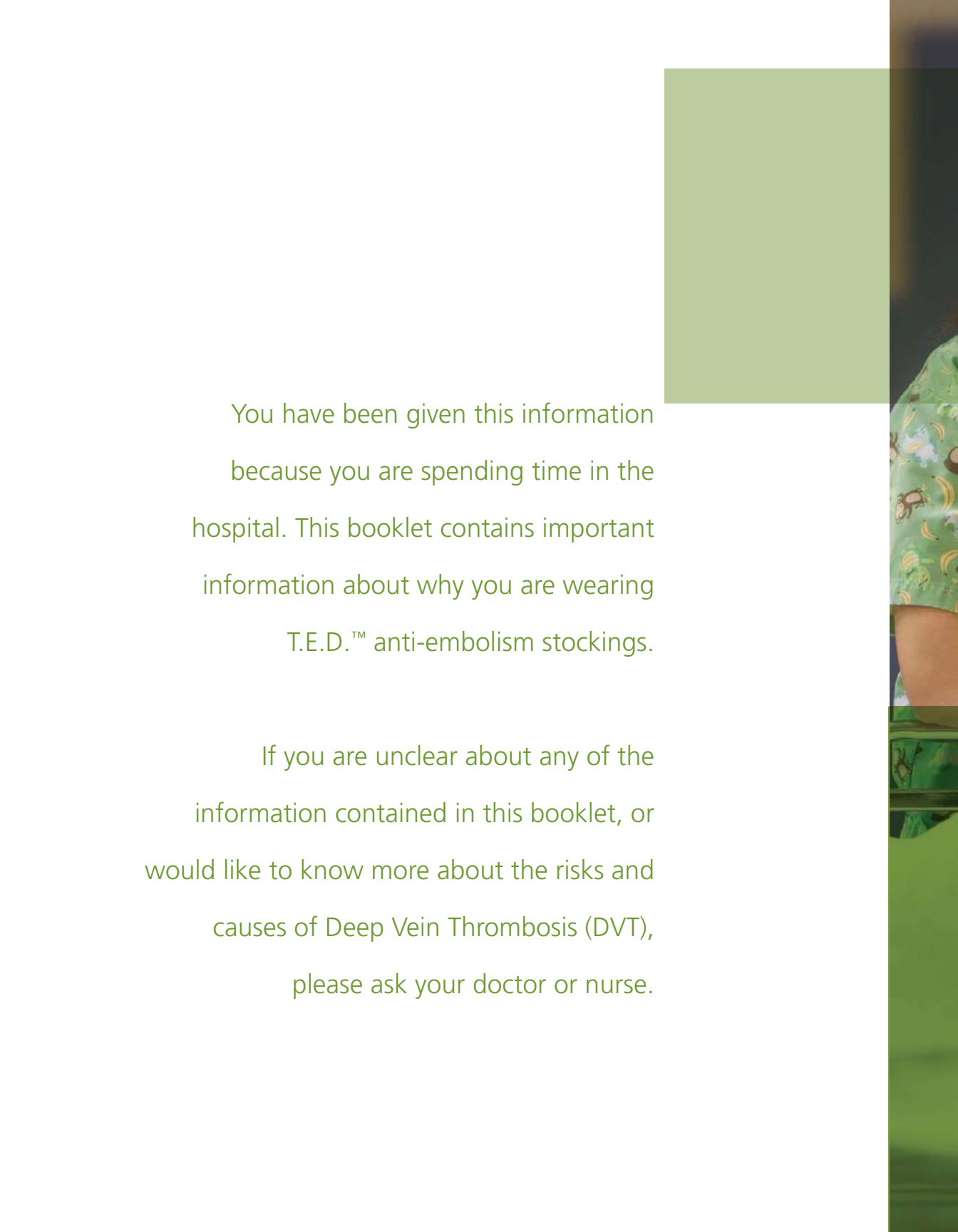




T.E.D.™ Anti-Embolism Stockings




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[†]

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.

[†]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 mattress. To the right of the bed is a wooden nightstand with a plate of fruit (bananas, apples, oranges), a vase of pink and white flowers, and a glass of water. A window with white curtains is visible on the left. The room has light-colored walls and a wooden floor. The image is overlaid with a semi-transparent green filter and a white text box.

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.¹
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.[™]
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 been clinically shown to provide the same protection as T.E.D. anti-embolism stockings, which are recognizable by the T.E.D. logo clearly visible on the foot.[†]

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

- Proper sizing and application must be assured.
- Avoid contact with chloric bleach.

APPLICATION CONSIDERATIONS

- 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.¹

[†] 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 10 washes.*

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.

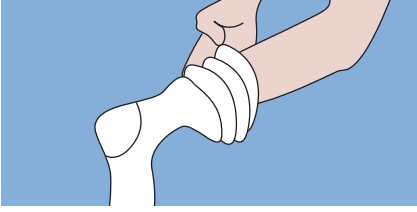
SIMPLE INSTRUCTIONS FOR LAUNDERING:

1. May be washed by hand or machine washed with cold water using a delicate cycle.
2. Hang or lay flat to air dry.
3. Avoid contact with chloric bleach

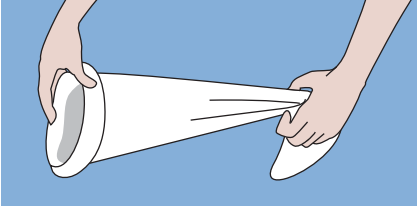


Knee Length Instructions

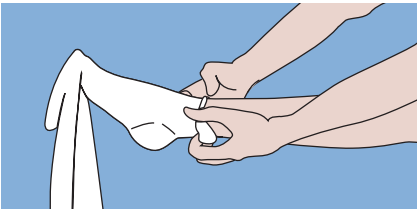
Please take time to make sure
the stockings are on correctly
and feel comfortable.



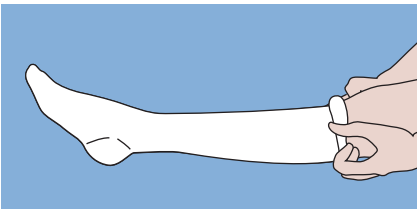
1 Insert hand into stocking as far as the heel pocket.



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.

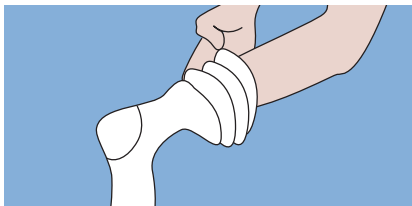


4 Pull stocking up and lift around ankle and calf, working up to final position (top of stocking is positioned approximately one to two inches below the bottom of knee cap). Make sure heel and toe are positioned correctly. Smooth out any excess material between top of stocking and ankle. Pull toe section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

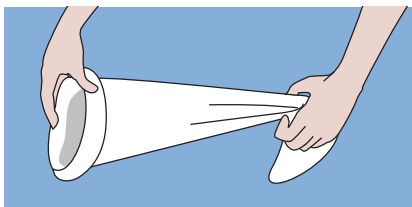


Thigh Length Instructions

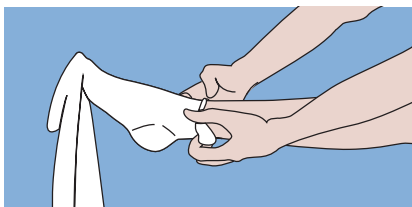
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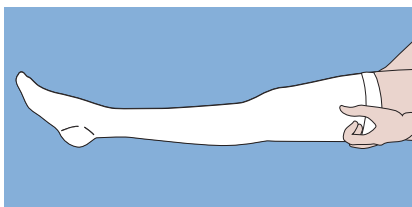
1 Insert hand into stocking as far as the heel pocket.



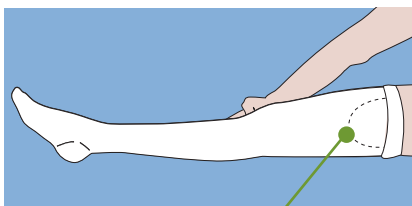
2 Grasp center of heel pocket and turn stocking inside out to heel area.



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.



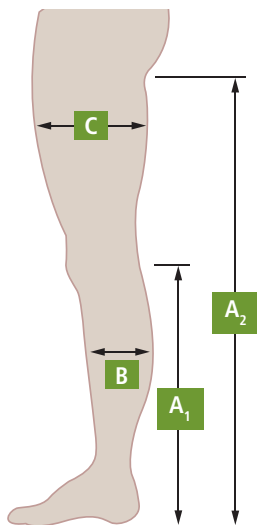
Gusset

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.

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 ₁	Length from bend of knee to bottom of heel		N/A
A ₂	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.³

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

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