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Compression Stockings Instructions

Dr. Aquino has given you a prescription for compression stockings. Compression stockings are very useful for treating venous insufficiency. Wearing compression stockings regularly may help prevent venous insufficiency and varicose veins from worsening.

When to wear stockings: Please wear the compression stockings during the day. Put them on in the morning, and take them off just before bed. They do not need to be worn at night. If you only have one leg which hurts you, then you only need to wear the stocking on that leg, if you wish.

What Strength: Generally, these stockings are prescribed in two strengths. The weaker strength, 20-30 mmHg, is usually for people with mild varicose veins, or spider veins, or people who have difficulty placing compression stockings. The stronger strength, 30-40 mmHg, is really the optimal strength for most people with venous insufficiency.

What length: Even if you have varicose veins in your thigh, knee high stockings will help a lot more than you would think. Plus, most people have a better chance of wearing knee high stockings, in comparison to thigh high ones. Ultimately, though, the choice is yours. The important thing is that you wear them regularly.

Applying Stockings: Many medical supply stores can help you with rubber gloves, or other application devices which help patients put on stockings. Without these aids, putting on stockings can be quite time consuming! Ask the store about this, and have them give you a demonstration about how to put on stockings. This will also increase your chance of wearing these stockings regularly.

Cost : Expect to pay about 65 to 120 dollars per pair, regardless of where you go. Any brand is fine, but Sigvaris and Jobst are the industry standard.

SAN FRANCISCO - Richmond Dist

Able Medical Supplies

448 Clement Street
San Francisco, CA 94118
Phone: 415-831-2228
www.ableforlife.com

SAN MATEO

San Mateo Medical Market

53 43rd Ave
San Mateo, CA 94403
Phone: 650-212-7248
www.medmartusa.com

EAST BAY - Hayward

Hayward Medical Market

22656 Foothill Boulevard
Hayward, CA 94541
Phone: 510-537-7722
www.medmartusa.com

SAN FRANCISCO - Western Addition

ITC Medical Supply

1635 Divisadero Street, Suite 105
San Francisco, CA 94103
Phone: 415-346-7100
www.itcmedical.com

SAN MATEO - Burlingame

Bay City Medical Supply

1465 Chapin Ave
Burlingame, CA 94010
Phone: 650-347-6606
www.baycitymed.com

Online

www.ameswalker.com
www.compressionstockings.com
www.compressionstore.com
www.foryourlegs.com
www.legstherapy.com

SAN FRANCISCO - Sunset District

Sincere Care Management

1632 Noriega Street
San Francisco, CA 94122
Phone: 415-752-3288
(Mandarin and Cantonese spoken)

MARIN - Larkspur

Ross Valley Pharmacy

2 Bon Air Road, Suite 130
Larkspur, CA 94939
Phone: 415-924-2454
www.rvprx.com