

## Compression stockings- useful in preventing thrombotic syndrome

After the treatment of various thrombosis problems, some thrombotic syndromes are quite commonly manifested. Many of the patients worry about such problems or have to face them after various treatments. Some of the common post thrombotic problems are as follows:- Redness Rashes Swelling Blood clots Muscle cramping Pain Numbness Itching Sometime even the lower part of leg can become hard and dark and it may last for many years.&nbsp;

### Compression stockings

Compression socks are the specialized socks that are worn from foot to the thigh or knee. These socks are very tight at the foot but less tight as it goes up. It helps in reducing swelling in the feet and thus reducing the chances of blood clotting. They have the gradient of pressure that apply pressure on blood flowing in the blood vessels and regulate the flow of blood.

### How are compression socks useful?

Major cause of these problems is pooling of blood in a specific area. This can be avoided if a continuous force is applied, which can forcefully regulate the flow of blood in blood vessel. To overcome such problems, our professionals have designed compression socks, which can cure the problem of blood pooling or indirectly can keep us away from the post thrombotic syndromes.&nbsp;

It has been proved by the various studies conducted in this regard and published in the newspapers and websites like &ldquo;American College of Physician&rdquo;, &ldquo;Annals of Internal Medicines&rdquo;, &ldquo;American Family Physician&rdquo;, and American College of Phlebology&rdquo;.&nbsp;

### Physician recommendations

Many physicians are of the same view with regards to compression socks. The American college of Pharmacy also gave the same suggestion to wear compression socks or support hose to avoid thrombotic syndrome. They are of the view that patients should wear these socks for two years after the treatment.&nbsp;

Compression level of 30-40 mm Hg should be prescribed to all the patients suffering from the same problem. Compression socks are not be contradicted with anticoagulant medications.

### Clinical outcome

Wearing compression socks depends upon patient compliance. Recent studies were conducted on patient compliance such as one of them was by C.L.Morgan, deduced that patients should be given detailed instructions about the use of compression socks after the treatment. It is the key role of physician to educate patient with the detailed information about compression socks personally.

### Variety of stockings

Medical stockings are available in wide variety of styles and colors for everyday use. They can even be bought from online retailer at much reduced price. Though it can also be purchased from health care stores, but the vast variety is available on online stores.

## About the Author

If you want to enlighten yourself with the best authentic information on [support hose](#) and [compression stockings](#), visit the website. It provides you the knowledge of its various advantages.

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