




## Skin and Wound Product Information Sheet

<b>EdemaWear (Lower Limb Application)</b>	
<b>Classification</b>	<b>Compression Therapy: Tubular Longitudinal Compression</b>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>• <b>For Compression Therapy</b> <ul style="list-style-type: none"> <li>○ A physician/NP order or clinical direction from a NSWOC/Wound Clinician is required prior to the application of lower leg venous or mixed arterial/venous compression therapy.</li> <li>○ Follow Health Authority/agency compression therapy policies/practice standard.</li> </ul> </li> <li>• EdemaWear is a latex-free tubular compression stocking provides mild longitudinal compression (~10--20mmHg, the tighter the fit, the higher the compression), generated by wales of nylon fabric with transverse lycra elastic fibre; the compression makes noticeable 'corn rows' which run up/down the limb.</li> <li>• EdemaWear Lite (~6mmHg) is designed for clients unable to manage a higher compression.</li> <li>• Prior to the first application, a Lower Limb Assessment (Basic &amp; Advanced) is to be done; an ABPI is useful but not required.</li> <li>• Single client use, washable/reusable for up to 4-6months before needing to be replaced.</li> </ul>
<b>Indications</b>	<ul style="list-style-type: none"> <li>• For clients who require mild compression therapy for the treatment of                             <ul style="list-style-type: none"> <li>○ Venous insufficiency with or without ulcer(s) or</li> <li>○ Arterial/venous insufficiency with or without ulcer(s) or</li> <li>○ Lymphedema with or without ulcers(s) or</li> <li>○ Generalized edema</li> </ul> </li> </ul>
<b>Precautions</b>	<ul style="list-style-type: none"> <li>• Use the Lite version for legs with predominant bony prominences to prevent tissue damage</li> <li>• Stocking should not slip down or bunched around ankles as it may cause a tourniquet effect</li> </ul>
<b>Contraindications</b>	<ul style="list-style-type: none"> <li>• Do not use in the presence of uncontrolled heart failure</li> <li>• Do not use in the presence of an untreated lower limb skin or wound infection</li> </ul>
<b>Formats &amp; Sizes</b>	<ul style="list-style-type: none"> <li>• Stocking Size: Limb circumference/Stripe Colour                             <ul style="list-style-type: none"> <li>• Regular                                     <ul style="list-style-type: none"> <li>○ Small: up to 45cm/Navy (foot to knee)</li> <li>○ Medium: 45 - 75cm/Yellow (foot to knee/groin)</li> <li>○ Large: 75-115cm/Red (foot to knee/groin, obese)</li> <li>○ X-Large:115-150cm/Aqua (foot to knee/groin, morbidly obese)</li> </ul> </li> <li>• Lite                                     <ul style="list-style-type: none"> <li>○ Small: up to 60cm/Purple</li> <li>○ Medium: 60 - 90cm/Orange</li> </ul> </li> </ul> </li> </ul>
	
<b>Application Directions</b>	<b>Rationale</b>
<p>Measure widest part of the calf or thigh, as appropriate, prior to the client mobilizing and with the client supine. Select the size of stocking based on calf/thigh measurement.</p> <p>Determine the length of stocking required by measuring from the base of the toes, following the contours of the leg, up to 1-2 cm below the knee or top of thigh; add 16cms to overall length and then cut the stocking.</p>	<p>To determine appropriate size required and also provides a base-line measurement of the edema.</p> <p>Compression can be applied from toes to knee or toes to thigh</p>
<p>Apply/re-apply stocking in the early morning, if possible.</p> <p>Wash or shower leg(s) with warm water using a pH-balanced skin cleanser. Moisturize intact skin with agency approved moisturizer; allow moisturizer to absorb/dry before putting on the stocking.</p> <p>Measure the ankle circumference 10 cm from the bottom of the heel; measure the calf circumference 30 cm from the bottom of the heel.</p> <p>Apply an appropriate cover dressing if wound present.</p>	<p>Edema should be minimal in the morning</p> <p>To remove dead skin and resolve/prevent dry skin.</p> <p>This measurement gives a base-line assessment/re-assessment of the client's edema.</p>



## Skin and Wound Product Information Sheet

<b>To Apply</b>	
<p>Roll the stocking like a sock, apply it to the foot and then roll it up the leg. A compression therapy donning device may be helpful in getting the stocking on over the foot/ankle.</p> <p>Make an 8cm cuff at the top of the stocking, ensuring that the top cuff is at least two finger-widths below the back of the knee. Smooth stocking to ensure no wrinkles or creases.</p>	<p>Compression begins from the toes, through the calf to below the knees (or top of thigh if appropriate).</p> <p>Finishing the bandage at 2-3cm below the knee will protect the popliteal fossa from the effects of the compression.</p>
<b>To Remove</b>	
<p>Remove stocking by rolling stocking back down the leg. The foot and leg will have 'corn row' markings from the compression; this is expected.</p> <p>Wash limb with warm water, pat dry and moisturize skin; allow skin to dry before reapplying the stocking.</p> <p>If stocking is slipping:</p> <ul style="list-style-type: none"> <li>• remove stocking, turn it inside out and reapply <u>or</u></li> <li>• reapply the bandage ensuring that the 8cm cuff is on the inside of the bandage (next to the client's skin) <u>or</u></li> <li>• re-measure the limb and select another size of stocking.</li> </ul>	<p>Stocking left pulled down or bunched around ankles may cause a tourniquet effect.</p> <p>Dry skin may cause itching and fissures</p> <p>Reduction of edema may result in the stocking slipping</p>
<b>Frequency of Change</b>	
<p>For the most effective compression therapy, stocking should be worn all day/all night. The stocking should be removed at least once a day, (e.g., with morning care) to allow for skin assessment and skin care.</p> <p>If required, once compression therapy has been well established, it is known that the stocking causes no skin concerns and under the direction of a physician/NP/Wound Clinician, the stocking can be left in place for up to one week.</p> <p>If wound is present; reassess the wound's cover dressing if wound exudate seeps through to stocking.</p>	
<b>Care of Stockings</b>	
<p>Machine or hand wash in cold water if stocking is soiled or has lost its shape; hang to dry.</p> <p>Client may need two sets of stockings to allow the alternate stocking to dry after washing.</p> <p>Hydrogen peroxide may be to remove any blood stains, do not use bleach.</p>	<p>Washing will help to reset the elasticity of the stocking.</p> <p>Replace stocking at least every 4-6 months or when it has lost its elasticity.</p> <p>Bleach destroys the elasticity of the product.</p>
<b>Expected Outcome</b>	
<p>Measurable improvement in the ankle and calf measurements within 1 week.</p> <p>Absence of, or minimal edema, if used for prevention/maintenance of venous insufficiency.</p>	<p>If there is no measurable improvement in the amount of edema within one week, consult Wound Clinician, NP or Physician.</p>
<b>For further information, please contact your Wound Clinician.</b>	