

# Compression sock

This leaflet explains more about using your compression sock. If you have any further questions or concerns, please speak to a member of the healthcare team caring for you.

## What is the compression sock used for?

Your compression sock should help control swelling in your residual limb or stump.

## Why should I have a compression sock?

Compression socks are usually supplied soon after surgery to help bring down swelling after your operation. This is important as swelling may delay you being fitted with your artificial limb.

## How do I put my compression sock on?

Put on your sock as you have been shown by your physiotherapist.

Gently place the sock over your limb and pull it up so it is smooth and without wrinkles. Ensure your limb goes right to the end of the sock.

If you are an above knee amputee, make sure the sock seam runs up the front of your leg.



## Do

- Wear your sock when you are not wearing a prosthesis
- Remove your sock at least once a day to wash your stump
- Check the skin for any redness, abrasions or soreness, and if you find any, please leave your sock off until you have had further advice
- Keep the sock well pulled up making sure there are no wrinkles
- Check that the top of the sock does not roll down
- Wash your sock regularly, by hand or in a 30 or 40 degree washing cycle
- If the sock loses shape or becomes baggy, stretching it lengthways can improve the shape
- Remove the sock if you feel any pins and needles or pain, and **contact us (details below)**.

## Don't

- Wear your sock in bed unless you are advised to
- Wear your sock with your prosthesis.

## Contact us

If you have any questions or concerns about your compression sock, please contact the physiotherapy department on 020 8489 6042 (Monday to Friday, 9am to 4pm). Out of hours, please leave a message.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111



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