

## Are you fed up of your aching legs? - learn about Compression socks

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

How does compression sock works?

Compression socks are made up of strong elastic material. The pressure in the socks is in gradient fashion. The stockings constantly squeeze the muscles of the legs. It drives the blood to the heart, reduces swelling in the legs and does not let the blood coagulate.&nbsp;

What can be treated by these stockings?

Compression socks are simple and excellent method to treat various disorders. Some of them are:- Varicose veins Post phlebitic syndrome Chronic venous insufficiency Lymph edema Blood clotting in legs The stockings can be worn either as out-patient or in-patient. It does not provide any treatment to varicose veins but help in reducing swelling, pain, and heaviness that might be experienced by the patient of varicose veins. It is also recommended to wear stocking during long travels to reduce the chances of blood clotting in legs.&nbsp;

Recent studies have shown that the major cause of deaths is blood clot formation. So, the doctors recommend all patients to wear compression stocking to avoid falling into such problems.

But how long shall they be worn?

These stockings should be worn daily till the patient is under the risk of formation of blood clots in the legs. They should be removed at the night. To the people suffering from lymph edema, venous ulcers and varicose veins, doctors recommend them to wear stockings for years and for whole of their life. Doctors also suggest such patients to keep their leg elevated at night or the time they remove their stockings.

How to wear these stockings?

These stockings should be worn before one gets out of the bed. Some precautions are required to be practiced while wearing these stockings. Some of them are:- Turn the stocking inside out. Apply some silicon lotion as it help in wearing these socks. Or place a rubber glove on the toe and then put the stockings over it. The stockings will be worn easily. Or you might have to exert a good force to pass it over the ankle. How much does it cost?

The important benefit of these stockings is that they are affordable. It lies in the range of \$30-\$50 per pair. A single pair may last for about 6-12 months. It is better to hand washing these stocking to avoid losing its elasticity.

### About the Author

[Compression stockings](#) have brought the solution to aching legs. [Support hose](#) is also found useful in avoiding formation of blood clots, swelling in legs etc&hellip; visit the website to enlighten yourself with the best information available.

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