

Section: HRMC Division of Nursing

PROCEDURE

TITLE: **Anti-Embolism Stockings (T.E.D.)**

PURPOSE: To outline the procedure for application and removal of antiembolism stockings.

- SUPPORTIVE DATA:
1. Physician must order TEDS/antiembolism stocking to be applied. The order includes length of stocking (knee-hi or thigh-hi) and to which lower extremity the stockings will be applied to.
 2. RN's and LPN's may perform.
 3. Each pair of stockings applies a graduated pressure pattern:
 - 18mmHg ankle
 - 14mmHg calf
 - 8mm Hg popliteal
 - 10mmHg lower thigh
 - 8mmhg Upper thigh
 4. Proper sizing and application must be assured for optimal benefit of stockings.
 5. Contraindications: Not recommended by the manufacturer for patients with the following:
 - Any local leg condition (dermatitis, gangrene or recent skin graft)
 - Severe peripheral arterial occlusive disease
 - Massive edema of legs or pulmonary edema from congestive heart failure
 - Extreme deformity of leg
 - Cellulitis
 6. TEDS alone are not considered adequate prevention of DVT for the patient with a diagnosis of Stroke. The addition of the SCD's or an anticoagulant is needed with Lovenox being preferred.

- EQUIPMENT LIST:
1. Tape Measure
 2. Package of TED stockings
 3. Sizing Chart

A. Sizing

CONTENT:

PROCEDURE:KEY POINTS:**A. Thigh Length**

1. Explain procedure
2. Wash hands.
3. Measure Upper Thigh circumference at gluteal furrow.
4. Measure calf circumference at greatest dimension.
5. Measure length from gluteal furrow to base of heel.
6. Review sizing chart to determine appropriate size

Provides reassurance for patient.

Remeasure with decrease or increase of weight.

Do not guess. Tight or loose can impact compression efficacy.

- If right and left legs measure differently, order two different stocking sizes
- Standard thigh length stocking fit a maximum thigh circumference of 25 inches.
- Thigh length with belt fit a thigh circumference up to 32 inches.

7. Have two pairs of stockings to ensure that compression goes uninterrupted during cleaning/care of stockings or to send a pair home with the patient.

B. Knee Length

1. Measure calf circumference at greatest portion.
2. Measure length from bend of knee to base of heel.
3. Have two pairs of stockings to ensure that compression goes uninterrupted during cleaning/care of stockings or to send a pair home with the patient.

Remeasure with decrease or increase of weight.

B. Applying CONTENT:

PROCEDURE STEPS

KEY POINTS

1. Insert hand into stocking as far as the heel pocket.
2. Grasp center of heel pocket and turn stocking inside out to heel area.
3. Position stocking over foot and heel.
4. Pull a few inches of the stocking up around the ankle and calf.
5. Continue pulling the stocking up the leg.
6. As the thigh portion of the stocking is applied, start rotating stocking inward so panel is centered over femoral artery.
7. Smooth out wrinkles
8. Align inspection toe to fall under the toes

Be sure patient's heel is centered in heel pocket.

Do not pull or tug into place, this increases friction and shear.

The "change in fabric sheerness" should fall between 1-2 inches below the bend of the knee.

The panel is placed slightly towards the inside of the leg. And the top band rests in the gluteal furrow.

Toes should not stick out.

C. Maintenance/ Removal CONTENT

PROCEDURE

STEPS

1. Remove daily during bathing to inspect condition of skin.
2. Clean/Wash every 2-3 days to remove bodily secretions if necessary. Have a second pair available to use if first pair is unusable.

Do not leave off more than 30 minutes. This could impact the efficacy.

With correct care, stocking last 2-3 months or washing approximately 30 times.

3. Do not use ointment or talcum powder.
4. Do check for proper heel and gusset placement when on. Visual sign of pressure or friction (tissue damage) may be too late or absent.
5. Assess patient subjective report of comfort/discomfort.

D. Documentation

1. Record removal of stockings. Be aware of patient's size changing and weight.
2. Note appearance of skin. Document skin assessment at a minimum of every 8 hours.
3. Report absence or presence of tenderness in calves, thigh or toes
4. Record size of stockings applied.

REFERENCE(S):

1. Perry, A. G., & Potter, P. A., (2010). Clinical Nursing Skills and Techniques 7th edition. Chapter 10 p. 243-249.
2. Covidien/Kendall Healthcare Products Company: **Covidien T.E.D. Patient Education Guide Brochure (2010)**
www.covidien.com/dvtcompression