

PATIENT INFORMATION FOR VEINS AND COMPRESSION STOCKINGS

PATIENT INFORMATION

There are two systems of veins in the legs- the superficial and the deep system. The superficial system consists of the greater and lesser saphenous veins and their branches. The deep venous system is located deep in the muscle of the leg. With sclerotherapy we treat the superficial venous system.

Blood normally flows from the low-pressure superficial system into the high-pressure deep system and back to the lungs and heart. The one- way system is maintained by a series of valves in the veins, which prevents the blood from flowing backwards as gravity pulls it down. Valve failure in the major leg vein (greater saphenous vein) is the common cause of vein reflux in other parts of the leg. Typically, veins visible in the lower thigh, knee, and calf are often due to vein reflux in higher areas of this major vein.

VARICOSE VEINS

Varicose veins develop when valves in the superficial and/ or deep veins don't close properly or when the walls of the vein are weak. Blood then pools in the vein, forcing the walls to enlarge and bulge. Up to 40% of all women and 18% of all men will be affected by venous disease to some degree.

<https://www.sigvaris.com/en-ca/your-health/venous-disorders/varicose-veins>

SPIDER VEINS

Spider veins are common among women. They appear as broken webs of small veins near the surface of the skin. They tend to be red/ purple in colour and at a glance, they can be more noticeable than the bulging blue varicose veins. Spider veins rarely cause any discomfort and they are mostly a cosmetic concern. However, spider veins can be caused by a deeper varicose vein that you may not be able to see.

<https://www.sigvaris.com/en-ca/your-health/venous-disorders/spider-veins>

FACTORS THAT LEAD TO VENOUS DISEASE:

- **Heredity**- The most common cause of venous conditions is family history
- **Gender** – Women have a higher incidence due, in part, to the female hormones affecting the structure of the vein walls
- **Pregnancy** – Pregnancy can cause an increase in blood volume and pressure, which results in more pressure and stress on the walls of the vein. The strain increases with each additional pregnancy
- **Obesity** – A substantial increase in weight will often increase blood pressure and stress on the vein walls
- **Lack of Movement** – The volume and pressure of blood in the lower limbs is affected by gravity, so the longer you stand, the greater the effect. Sitting and bending strain the veins as well
- **Physical Trauma** – At times trauma to the lower limbs can damage the underlying blood vessels and add to the problem of vein reflux disease

HOW TO CARE FOR COMPRESSION STOCKINGS

- Wash daily by hand or in a laundry bag in a washing machine (delicate wash cycle)
- We recommend using the mild Sigvaris Washing Solution or a gentle cleanser
- Please do not put the stockings in the dryer as this will cause them to overheat and generate static electricity. Press the stockings between two dry towels and lay them out dry in a shady place with plenty of ventilation. Do not place on heaters

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- Do not iron
- Do not dry clean

Thigh Stocking with grip top:

- Human skin releases sweat, oil and skin cells. Thus, the silicone surface of the grip-top must be treated with particular care. Clean the silicone surfaces with Sigvaris clean pad or alcohol from time to time for better grip

Caution:

- Sharp fingernails and rings with sharp edges can quickly result in defects. Pay attention to these risks when donning and removing your stockings. Do not cut off any loose threads inside the stockings.

DISCLAIMER: NO REFUNDS OR EXCHANGES ON COMPRESSION STOCKINGS

Helpful Tips:

What is compression therapy?

<https://new.sigvaris.com/en-ca/your-health/compression-therapy/what-is-compression-therapy/>