

## How do I know I can wear TEDs?

You should be able to wear TED stockings unless you:

- Have recently had a stroke.
- You have eczema or fragile skin on your legs.
- Your legs are very swollen.
- You have an allergy to the stocking material.
- You have peripheral arterial disease or peripheral neuropathy.

If you have a condition you are unsure about, please speak to a doctor or nurse caring for you.

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202403-03-TED  
Created: August 2020 / Revised: March 2024/  
Review Date: March 2026

## INFORMATION FOR PATIENTS

### TED stockings



Good fit



Poor fit – too tight  
and toes are  
exposed



Poor fit – too loose  
and heel wrongly  
positioned

## What are TED (anti-embolism) stockings?

These stockings are made from elastic and are usually knee high.

They help reduce the risk of blood clots forming in your legs while you are less active than normal.

The stockings squeeze your leg from the ankle to the knee, helping the blood to return more quickly.

You will need to wear the stockings constantly until you no longer have significantly reduced mobility.

You may still need to wear them when you go home if this is recommended by the doctor.

## How to look after yourself and your stockings

Remove your stockings every day to check your skin and perform hygiene needs.

Your stockings will then need to be put back on. If you are unable to do this a member of staff will be able to assist you.

Clean stockings should be changed every three days or sooner if they become soiled.

Do your leg exercises daily to encourage blood flow.

Ensure you always wear well fitted slippers or shoes when walking.

Never leave your stockings rolled down your legs.

## How do I know my stockings fit correctly?

If your stockings feel too loose or are falling down, you may need to be re-measured for a new pair.

If your stockings feel too tight, are causing pain or discomfort in your legs/feet or if you notice any of the following you must inform a member of staff immediately:

- Discolouration of your skin, especially over bony areas.
- Skin rashes or blistering.
- Numbness and or swelling in the foot or leg.
- Pins and needles in your toes.
- Cold, blue or white toes.