

## TED STOCKINGS

The information in this document has been provided to inform you on what TED stockings are, including correct use and wear.

### What are TED Stockings?

TED Stockings, also known as TEDS or T.E.D (Thrombo Embolic Deterrent) Stockings, are anti-embolism stockings for the legs that help prevent blood clots. They are used primarily for immobile patients and post-surgical patients. TEDS are made of elastic fibres that compress the legs, which promotes healthy blood flow. TEDS are only to be given to outpatients who have a referral or inpatients that have been referred by medical staff.

### Benefits of Wearing TEDS:

- Promoting venous return
- Preventing blood clots

### Types of TEDS:

- TED stockings come in different lengths and pressures
- Medical professionals determine if you require knee-length or thigh-length stockings and the compression required

### Warnings:

- Wrinkles and folds should be avoided
- Check for any irritation, change in skin colour and broken skin

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### Application:

- Before TED stockings are applied, a medical professional will assess you
- The skin and circulation to the legs and feet will be checked
- Once it is determined that you can wear the TEDS, the medical professional will measure your legs to determine the correct size stockings
- Each stocking will then be applied by folding the stocking partly inside-out to get the foot in
- Ensure the heel is centred in the heel pocket and then slide the stocking up the leg
- The stockings should be smooth and fully extended
- To remove, slowly start from the top pulling downward, turning the stocking inside out

### Contraindications - there are some circumstances when TED stockings should not be used:

- Recent skin grafts
- Skin conditions such as dermatitis, open sores and gangrene
- Severe vascular disease
- Extreme swelling of the legs

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