

## OUR EXPERTISE

We know you have questions about your recent consultation and the various treatment options available to you. We hope you find these answers helpful.



## The Importance of Compression Therapy for Vascular Health

At Windsor Vascular Care, we prioritize comprehensive care for our patients, especially those suffering from venous diseases, swelling, and circulation issues. Compression therapy is a proven and effective treatment that supports the veins, improves blood circulation, and prevents complications such as deep vein thrombosis (DVT) and chronic venous insufficiency. Below, we explain how compression therapy works, its benefits, and who can benefit from this treatment.

## How Does Compression Therapy Work?

Compression stockings and garments provide external support to the veins, applying graduated pressure that is strongest at the ankle and gradually decreases toward the knee or thigh. This pressure helps improve venous return, reduce swelling, and prevent blood from pooling in the lower extremities. By working in conjunction with the pumping action of the calf muscles, compression therapy ensures better circulation and reduces the risk of clot formation.

## Conclusion

Compression therapy is a valuable tool in vascular health management, offering significant benefits for patients with venous disorders and circulation problems. At our vascular clinic, we provide expert consultation and personalized compression therapy recommendations to ensure optimal patient care. If you are experiencing leg swelling, discomfort, or venous issues, have your primary health care provider send us a referral today.

After your first consultation, our expert physician will inform you which strength, or pressure gradient, you should wear. Additionally, our certified fitters on site will fit you for the recommended compression garments and can provide education regarding compression therapy. Since legs come in all different shapes, lengths, and circumferences, professional measurement is important for a proper fit. This maximizes the benefit of the garments and helps prevent injury or pain from poorly fitted garments.

# A PATIENT GUIDE COMPRESSION THERAPY



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WINDSOR VASCULAR CARE

## BENEFITS OF COMPRESSION THERAPY

Compression therapy offers numerous benefits for patients with venous and circulatory conditions, including:

- Preventing and managing varicose veins and spider veins.
- Reducing swelling in the legs and feet.
- Improving circulation and preventing blood from pooling.
- Lowering the risk of deep vein thrombosis (DVT), especially for travelers and post-surgical patients.
- Relieving symptoms of chronic venous insufficiency.
- Helping manage conditions like lymphedema and phlebitis.

## Who Should Use Compression Therapy?

Compression therapy is highly recommended for individuals who experience prolonged periods of standing or sitting, frequent travelers, post-surgical patients, and those with diagnosed venous conditions. It is also beneficial for pregnant women experiencing leg swelling and people with a family history of varicose veins. However, it is crucial to consult with a vascular specialist before starting compression therapy to ensure it is safe and effective for your specific condition.

## Compression Therapy and Travel

Extended periods of immobility, such as during long flights or car rides, increase the risk of DVT. Compression stockings help maintain proper circulation, reducing the likelihood of developing blood clots. For frequent travelers, wearing compression stockings is a simple yet effective way to stay safe while traveling.

## Getting the Right Compression Stockings

Not all compression stockings are the same. They come in different strengths, sizes, and styles. A vascular specialist should assess your needs and recommend the appropriate compression level, which is measured in millimeters of mercury (mmHg). The most commonly used strength for medical-grade compression is 20–30 mmHg, but this varies based on individual needs. Proper fitting and correct usage are essential for achieving the best results.

### Elastic Compression socks

Standard elastic compression sock is a snug-fitting, stretchy garment designed to improve blood circulation in the legs by applying graduated pressure, usually strongest at the ankle and decreasing up the leg. Available in knee-high or thigh-high lengths and made from various materials to suit daily needs.



### Inelastic/Rigid Compression garments

Standard inelastic compression device for the calf. Paired with a non-compressive basic liner, this device offers compression to the calf in the range of 20–50 mmHg.



## When to Avoid Compression Therapy

While compression therapy is beneficial for most individuals, it may not be suitable for patients with severe peripheral arterial disease (PAD), untreated deep vein thrombosis, or certain heart conditions. Before using compression stockings, a simple test called the Ankle-Brachial Index (ABI) can determine if arterial circulation is adequate for safe compression use.