



Frequently Asked Questions

Sizing

Q. How can four sizes in the range fit all leg shapes and sizes?

A. FITLEGS® AES incorporates DUOFIT™ technology, which allows for a two-way stretch in the product. DUOFIT™ was developed using information gained from extensive measurements of the in-hospital patient population. Taking into account the weave technology that allows expansion and contraction in more than one plane, the garments are able to mould to any shape and size of the limb without increasing or decreasing the vital pressure required to prevent DVT.

Q. How can one measurement at the ankle work?

A. The sizing of FITLEGS® AES allows for a reasonable variation in limb volume, so with appropriate sizing the correct amount of compression will be provided – 18mmHg at the ankle, 14mmHg at the calf and 8mmHg at the upper thigh¹. This is in accordance with the UK National Institute of Clinical Excellence (NICE) guidelines and adheres to the 'Sigel profile', and therefore only one precise measurement is required.

Q. What if the ankle measurement is smaller than 19cm, 7 ½ inches?

A. We offer an extra small anti-embolism stocking for patients who have an ankle size of 16-19cm, 6 ¼ – 7 ½ inches called FITLEGS® SLIMLINE.

Q. What if the lower limb measurement is larger than 33cm, 13 inches?

A. We offer a Plus Size anti-embolism stocking for patients who have an ankle size of 33-35cm, 13 – 13 ¾ inches called FITLEGS® PLUS

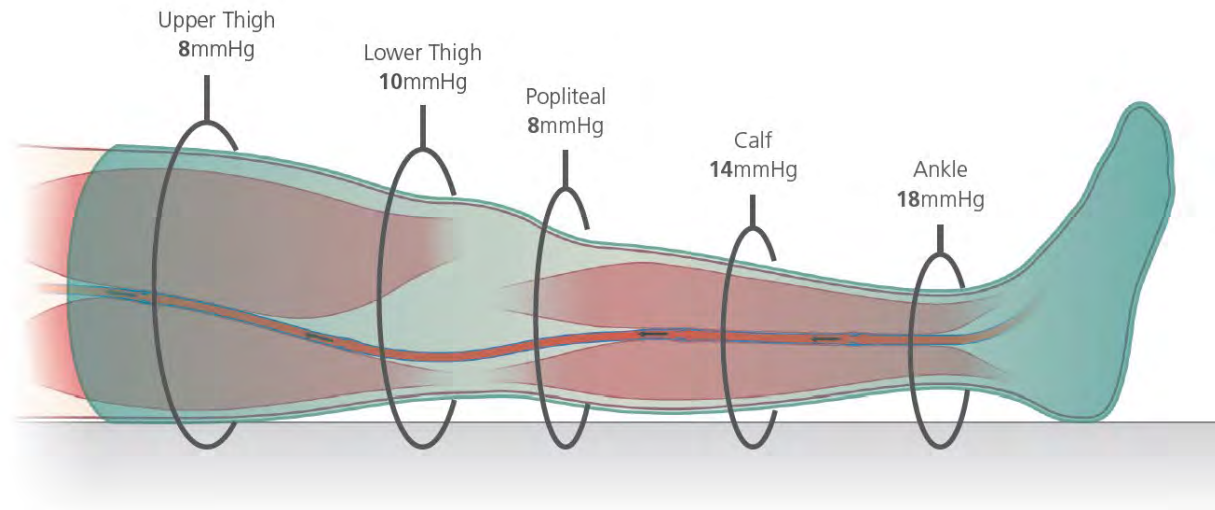
Q. Why are FITLEGS® AES teal when other brands are white?

A. Teal was selected as the main color for the stockings after consultations with clinicians and patients because:

- The teal color was more in keeping with normal socks and hosiery, and therefore better compliance was noted.
- It is easier for clinical staff to notice if stockings are being worn correctly because of the color of the stockings against the color of hospital bedding.
- The teal color stockings look cleaner for longer compared to traditional white stockings. It has been noted to help in the compliance of patients willing to continue wearing them at home.

Q. Do FITLEGS® AES conform to SIGEL Profile?

A. Yes, all our anti-embolism stocking ranges conform to Sigel Profile. Batches are sent regularly for independent testing and are certified for compliance with the Sigel compression profile.



Application

Q. Why is there a hole at the end of the toes?

A. It is important to provide an inspection hole at the foot of the stocking to gain quick access to the toes, especially during surgical procedures. The inspection hole enables healthcare professionals to check color, warmth, movement, sensation, foot pulses and capillary refill.

Q. How do I apply a FITLEGS® AES?

A. A fitting video can be found at <https://www.youtube.com/watch?v=R1WVW503bMI&feature=youtu.be>

Q. How do I stop thigh-length stockings from rolling down?

A. It is important to get the fitting technique right on the garments to stop them from rolling down. Patients have an enormous tendency to pull the garments up like a pair of socks. This overstretches the fibers and as the patient begins to move around, it causes the stockings to ping free and roll down. It is important to get the patients to 'walk' the stockings up the leg to keep the pressure even and the skin in its natural place².

Wearing

Q. How long should the garments be worn for when the patient goes home?

A. This depends on the reason they are being worn and the DVT prevention policies of the Hospital or Country the patient is residing in. Patients should speak to their healthcare professional to find out more information.

Q. Should FITLEGS® AES be removed at night?

A. No, DVT stockings should not be removed at night. Typically, anti-embolism stockings should be worn for 23.5 hours a day and only removed for skin checks and hygiene purposes. Please refer back to hospital DVT/VTE protocol.

Q. Can patients wear FITLEGS® AES on airplanes?

A. Yes, as the compression profile for DVT stocking and flight socks is similar.

But patients must follow these guidelines:

- The patient is shown how to measure themselves for the size they require.
- The patient checks before flying that their measurement corresponds to the size of stocking they have.
- The stockings are not damaged.
- The stockings have not been washed more than 30 times.

Product Care

Q. What are the washing instructions for FITLEGS® AES?

A. Stockings are ready to wear out of the packet and a clean pair should be applied every three days or sooner if they become soiled. Stockings can be washed by hand or in a washing machine at a maximum of 75°C/167°F. Do not use bleach or tumble dry the stockings.



Q. Are FITLEGS® AES latex free?

A. Yes.

Q. Why can't the FITLEGS® AES be washed more than 30 times?

A. FITLEGS® AES have been shown to maintain the SIGEL profile for up to 30 washes. We have not tested beyond this point as most patients would not need to wear AES for a long period of time. Day-to-day wear and multiple washes can cause degeneration of the elastic properties.

Q. Should patients be given extra pairs of AES to take home?

A. Providing an extra pair allows for the continuous wearing of stockings and helps to ensure they are not left off for more than 30 minutes. One pair can be washed and dried whilst the patient wears the other pair.

Clinical References

1. NICE Quick Reference Guide to VTE Prevention, 2007.
2. Parnaby, C, *A new anti-embolism stocking – use of below-knee products and compliance*, British Journal of Perioperative Nursing, Volume 14, July 2004.