

9. COMPRESSION

Venous and lymphatic return from the leg toward the heart has to overcome the force of gravity. Proper certified compression tools demonstrated to be of potential great help. Evidence-based statements are reported below and at this website:



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COMPRESSION

1. Compression graduated stocking must be certified, report the exerted pressure in millimeters of mercury and be indicated by an expert health-professional.
2. If properly prescribed and applied, compression stockings are highly tolerable. Specific devices can help donning and doffing them.
3. An expert health professional must educate the user of graduated compression stocking on how to use them at best.
4. Specific certified compression stockings demonstrated to be useful for swelling and subjective comfort control also in healthy subjects subjected to more than 30 minutes standing up or sitting conditions and to pregnancy.
5. Specific certified compression stockings demonstrated to be beneficial in all the stages of leg venous disease, in venous ulcer recurrence reduction, in lymphatic disorders, in thrombo-embolism and post-thrombotic prevention and management.
6. Certified compression stockings can be useful after a procedure on the venous system. Only expert health-professionals can recommend specific compression type and duration.
7. Bandages with different features can be helpful in customizing a compression therapy on the specific need of the venous-lymphatic patient. Only expert professionals can apply bandages properly and at the desired pressure level.
8. A specific adjustable compression wrap demonstrated clinical and cost effectiveness superiority in ulcer healing and leg venous-lymphatic edema compared to bandaging.
9. Intermittent Pneumatic Compression can represent a valuable option in leg venous ulcer, thrombo-embolism prophylaxis and edema management. The timing and dosage is variable and must be indicated by the expert health-professional based on the single specific case.
10. Properly prescribed compression is safe. Possible contraindications are: neuropathy, skin alterations, heart failure, severe limb asymmetry. In peripheral arterial disease compression can be of benefit in specific cases, after careful evaluation