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## Compreflex

### Patient information sheet

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There are 4 reasons for using lower limb compression:

1. Relief of symptoms such as aching
2. Prevention of venous thrombosis (DVT and SVT)
3. Management of complications of venous disease (chronic venous insufficiency)
4. Acute thrombosis either deep or superficial

### TYPES OF COMPRESSION:

**Bandages:** usually multilayered (2-4 layers) and are a combination of lowstretch and highstretch bandage with a layer of soft wool to absorb pressure points. They often stay on for up to a week and need to be applied by a specially trained nurse.

**Stockings:** can be below knee, thigh high or pantyhose.

### GRADES OF COMPRESSION:

There is no single standard. The pressure measurements are at the ankle

Class 1 – low compression (<20mmHg). An example is the TED stocking used after surgery.

Class 2 – medium compression (20-35mmHg). Used for venous disease or lower leg swelling.

Class 3 – high compression (>35mmHg). Used for lymphoedema.

There are higher grade stockings used for burns patients.

The higher the compression the lower the willingness of patients to use them.

### COMPREFLEX:

This is a novel approach to achieving the equivalent of a Class II or a Class III compression stocking. It uses a specially designed Velcro wrap. The wrap has tabs which align with markers so that by lining up the tabs with the markers, a specific degree of compression can be achieved.

Using Compreflex eliminates the need for a home nurse or a carer to help put on either compression bandages or a compression stocking. This improves compliance.

#### It is particularly useful for patients who:

- are elderly and having trouble putting the stockings on
- are arthritic and find it difficult to use the stockings

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**PRECAUTIONS:**

One has to be careful in patients who have poor blood supply to the foot. If there is doubt, it is wise to measure the arterial pressures at the ankle (ankle to brachial index). This can be arranged through your local doctor or at a vascular lab (Illawarra Vascular Lab, South West Vascular Lab).

