

Atrium Health Musculoskeletal Institute

Compression Socks

Many medical conditions and medicines cause edema (swelling) in your legs. Your legs can also become swollen after an injury, surgery or long periods of being still. When you have an injury or are not active, your blood pools in your legs and feet. Weak vessels stop blood from being pumped back through your body, which is why you start to swell. Swelling can be painful and slow wound healing. To decrease swelling, you can raise your leg above your heart or use cold therapy. Compression is another way to help your swelling, especially as you become more active as you heal. Compression socks works by squeezing or putting pressure on your leg to help the blood pump back to your heart. This is also a simple way to help with pain. Compression socks can be worn alone or under regular socks, with regular shoes and with braces/splints.

You can get compression socks through a medical supply company, local drug store, or online. You may be able to use your insurance or health savings account. Below are a few websites to find the type of compression socks that works best for you.

- Gold Toe
 - <https://www.goldtoe.com/search?query=compression>
- COMRAD
 - <https://www.comradsocks.com/>
- Amazon
 - Best search term: knee high compression socks 15-20 mmHg
 - https://www.amazon.com/Pairs-Graduated-Compression-Socks-Women/dp/B07FD8R4SY/ref=sr_1_8?ie=UTF8&qid=1546606471&sr=8-8&keywords=knee%2Bhigh%2Bcompression%2Bsocks%2B15-20%2Bmmhg&th=1&psc=1

Approved by Atrium Health Medical Surgical Health Education Committee, May 2019.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1- 800-821-1535.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-821-1535.