



SIGVARIS

Please note

For bedridden patients

At the hospital or at home, long periods of lying can lead to thrombosis (formation of blood clots in the veins), especially for patients of venous disorders.

How can thrombosis be prevented?

- Raise the foot of the bed
- Frequently move the legs, e.g. circular movements, foot tapping, pulling the legs up and stretching them out again, etc.
- Occasionally «air out» the lungs, breathing in and out deeply 10 times.
- For patients with severely protruding varicose veins, following thrombosis or a pulmonary embolism. Compression stockings or bandages should be worn both day and night, as long as you are bedridden. Additionally, anticoagulants could be necessary (ask your doctor).
- Should sudden pain in the calves or exceptional swelling occur, please inform your doctor.

Prolonged sitting – plane, bus or car travel

- Support stockings (SIGVARIS – Delilah, Samson & Delilah, Samson, Traveno) prevent swelling in the legs.
- Medical compression stockings (SIGVARIS) for chronic venous insufficiency.
- Tapping the foot, breaks on long car journeys to stretch and move the legs.

If there is a danger of ulcerous legs

- Avoid damaging the skin.
- Critical areas of skin should be additionally compressed with foam rubber pads.
- A doctor should be contacted even if the skin wound is small.

For further details please contact



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SIGVARIS

Information sheet
for patients with venous disorders

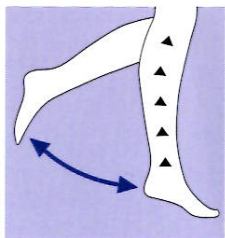
Our blood provides cells, muscles and organs with nutrients via the arteries. The body's waste is carried with the blood through the veins to the heart and then to the detoxification organs. Humans can only live and remain healthy if this cycle functions properly.

When sitting, standing and walking, the blood in the legs has to flow «uphill». When the veins are healthy, this transportation problem is solved easily with the support of the calf muscle pump. With venous disorders, a stagnation of blood in the legs occurs.

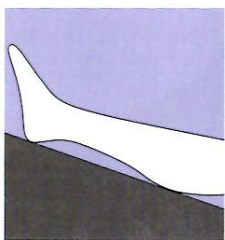
This stagnation causes:

- Varicose veins
- Swelling of the legs, oedemas
- Venous leg ulcers (open leg sores)
- Danger of thrombosis

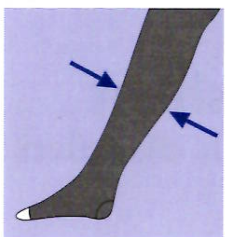
How can stagnation of blood in the legs be avoided?



1. Via **movement of the calf muscles** (walking, tapping the foot) the blood in the veins is pumped back towards the heart. This function is called the «muscle pump».



2. **By putting the legs up.**



3. **By wearing medical compression stockings or compression bandages**, which accelerate the flow of blood back to the heart by external counter-pressure on varicose veins and swellings.

Tips:

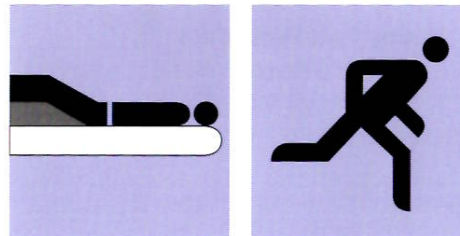
Unlike other illnesses, the patient can take preventative measures against the advancement of the venous disorder, thereby supporting the doctor in treating the illness.

6 practical tips:

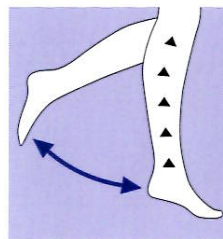
No. 1: Sitting and standing is not good



It is better to lie or walk



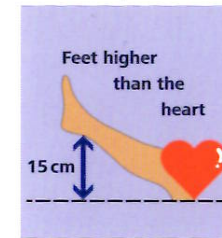
More movement, walking, climbing stairs, doing exercises, cycling, swimming and all types of sports where the leg muscles are moving.



No. 2: When sitting and standing cannot be avoided: **Use the muscle pump**

While sitting and standing, frequently move the feet up and down in a tapping and «pumping» movement. During work or long car journeys, on the train or plane: Frequently leave your seat and walk a few steps.

No. 3: Relieve the veins by putting the legs up as often as possible.



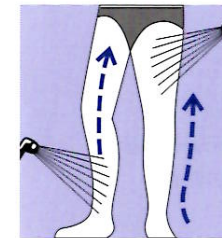
During the day:

- on a chair
- on the window sill
- on the desk

At night:

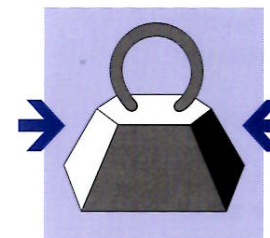
Raise the height of the end of the bed. It is ideal if the bed is adjustable or a pillow under the mattress can be used.

No. 4: Avoid excessive warmth



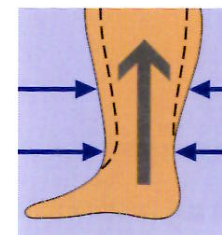
No hot baths – no sunbathing – never allow legs to become sunburnt. Spraying the legs with cold water on a daily basis is beneficial: Start with the feet – the outer side, then the inner side – 1 to 2 times a day, around 15 seconds per leg.

No. 5: Reduction of excess weight



This puts the heart, arteries and veins under pressure. Have a healthy and balanced diet.

No. 6: Don **medical compression stockings** consistently every morning; «support stockings» are generally not sufficient.



With a doctor's prescription e.g. following thrombosis, during pregnancy, with swollen legs, with protruding varicose veins.