

COMPRESSION

Q. What is compression therapy?

Compression therapy is sustained, graduated pressure, distal to proximal in an extremity (arm or leg), which improves circulation of blood and/or lymphatic flow. That means the medical graduated compression starts at the ankle or wrist and gradually decrease as it rises up the leg or arm.

Q. When would I need compression therapy?

A. If you have tired, achy legs; after certain surgeries and to minimize the effects of lymphedema. Compression therapy for lymphedema is most effective when all modalities are utilized, including the wearing of the correct compression garment, exercise, elevation, manual lymph drainage, and a compression pump for long-term maintenance.

Q. How can compression therapy help my varicose veins?

A. Weakened vein walls and valves that can cause varicose veins can be controlled and managed with proper support products. Properly fit compression hose at the correct compression increased blood flow up your legs.

Q. What can I do to prevent circulation problems?

A. Avoid crossing your legs at the knee when sitting and standing in the same place for long periods of time . When resting, elevate your legs higher than your heart. Exercise to improve blood flow.

Q. Is it true compression hosiery are no longer ugly and hard to put on?

A. Compression hosiery are now available in many fashionable colors and styles. There are also many stocking aids available that can make donning simple, fast and easy.

Q. Can I sleep in my compression hose?

A. No, you cannot sleep in regular compression hose as they are for ambulatory wear only, with counterpressure at the ankle. You can sleep in antiembolism hose (TED hose) that are specifically designed for non-ambulatory wear. You can also sleep in compression wraps.

Q. How do I care for my Juzo hose/Sleeve/Glove/Wraps?

A. Please hand or machine wash in warm water. They can be place in the dryer on lowest heat setting or allowed to air dry. This help your compression garment return to its original level of compression and maximizes effectiveness. Prior to washing wraps, remove the Velcro pieces. If the Velcro is not removable, then completely close all Velcro pieces prior to washing and drying.

Q. Should I order the same size garment each time I need new one.

A. We recommend you get remeasured every 6 months to make sure you are getting the full effectiveness out of your garments. Anytime you notice a difference in the size of your extremity, you should be evaluated and remeasured.

Q. My knee highs are cutting in around my ankle. WHY?

A. The measurement around the heel to the top of your ankle usually causes this. Your legs may have changed size and your ankle is smaller causing your hose to bunch at the crease of your ankle and foot, or larger which causes the hose to be too tight at the ankle and foot crease. Or your ankle may have a divot area and needs a special pad to help keep it from digging into this area. Call or come see one of our compression specialists and we will evaluate and remeasure your legs so solve your problem.

Q. My compression pump doesn't seem to feel as tight as it did before. Do I need it reset?

A. We are always happy to look at your pump and garment to see if your pressure setting is still correct. The pneumatic garments are designed to automatically adjust to the correct pressure based on the size of your arm or leg. If you have lost a lot of fluid in your extremity, it will feel different than before. Each person is different though, and your pump and garment may need to be adjusted over time. That is one of the advantages of getting your compression pump from us, is that evaluations, remeasurements and readjusted settings are always complimentary.

Q. What is the difference between a compression wrap and hose?

A. A wrap is a short-stretch garment that is an effective and easier-to-use alternative to multi-layered bandaging. It also is a great alternative to hose when donning compression stocking are an issue.

Q. How often can I get compression hose or wraps?

A. Most insurance allow new garments per leg every six months. We can verify your insurance benefits to determine what and how often your plan allows compression wraps or compression hose.

Q. Does Medicare cover a compression sleeve for my arm?

A. Medicare does not cover a compression arm sleeve. However, we are diligently working with Congress to pass the Lymphedema Treatment Act, which would mandate Medicare to cover these medically necessary garments. Click here for more information about how you can help get the *Lymphedema Treatment Act* passed in Congress. [\(Include link to the LTA\)](#)

Q. Does Medicare cover compression garments for my legs?

A. Currently Medicare does not cover any compression garments for lower extremities. However, if you have an open wound or sore that is being treated by a physician, Medicare will cover knee high compression hose as a "surgical dressing." Even then, Medicare will not NOT cover compression hose if you have Home Health coming into your home, as the Home Health Agency is responsible for providing all needed "surgical dressings."

Q. I was told I need a compression pump. What do I need to do to get this?

A. Simply call the Women's Health Boutique closest to you and ask for the Compression Specialist to set up an appointment. Our Compression Specialist will complete an evaluation and pump trial, verify your insurance benefits, and get all your needed information and documentation, including physician and therapist notes/records that your insurance requires. If prior authorization is also required by your insurance, we will handle all the necessary paperwork to get your pump approved.

Q. Will my insurance pay for a compression pump?

A. Most insurance plans do cover compression pumps for lymphedema or venous ulcers. Medicare has very specific guidelines that must be followed for both scenarios. We will work directly with your doctor to get all the needed documentation that Medicare or your insurance requires.

Q. Are swollen ankles and achy legs during pregnancy something I just have to endure?

A. No, but this is very common due to the increased pressure on your veins from weight, greater blood flow to and from the womb, and hormone changes. Light or moderate pressure maternity hose will relieve leg fatigue. For severe varicose veins or persistent swelling, your doctor may prescribe a higher compression stocking. We can also check your insurance benefits to see if your plan allows compression hose during pregnancy.

Q. What does it mean on my prescription 20/30?

A. This is the amount of gradient compression your hose needs to have. In this case the compression should be between 20 and 30 mercuries of pressure at the ankle or wrist depending on your actual measurements. This medical compression helps move fluid up your leg or arm away from your feet or hand and improves blood circulation. It very important to be correctly measured so the compression garment can do its job properly.

Q. I live in a rural area and you are too far away. I see a therapist and they say I need products. What can I do to get these?

A. Our compression specialist at each of our boutiques will be happy to work hand and hand with your therapist. We can send them the measurement forms for them to complete and return to us. We can even send the garments directly to your therapist for them to help you with proper donning. We love to build new relationships with therapists in outlying areas to help better serve you and others. We will be happy to verify your insurance benefits and of course we will let you know what your cost, if any, will be.