

Selection of Compression Class

CCL 1	<ul style="list-style-type: none"> • Heavy , tired legs with a tendency to swelling in the legs
	<ul style="list-style-type: none"> • Prevention of thrombosis and embolism in immobile patients
18 – 21 mmHg	<ul style="list-style-type: none"> • Prevention of Economy class syndrome (deep vein thrombosis)
	<ul style="list-style-type: none"> • Superficial varicose veins without leg oedema
	<ul style="list-style-type: none"> • Superficial varicose veins during pregnancy

CCL 2	<ul style="list-style-type: none"> • Varicose veins with mild leg oedema
23 – 32 mmHg	<ul style="list-style-type: none"> • After varicose vein treatment (surgical procedures, sclerotherapy, endovenous treatments) to maintain treatment success
	<ul style="list-style-type: none"> • Deep vein thrombosis
	<ul style="list-style-type: none"> • Post-thrombotic syndrome
	<ul style="list-style-type: none"> • Aseptic superficial thrombophlebitis
	<ul style="list-style-type: none"> • After the healing of venous ulcers in patients with chronic venous insufficiency
	<ul style="list-style-type: none"> • Severe varicose veins during pregnancy

CCL 3	<ul style="list-style-type: none"> • Active venous leg ulcers
34 – 46 mmHg	<ul style="list-style-type: none"> • Recurrent venous leg ulcers
	<ul style="list-style-type: none"> • Forms of advanced CVI such as lipodermatosclerosis
	<ul style="list-style-type: none"> • Reversible lymphoedema, lipoedema
	<ul style="list-style-type: none"> • Post – traumatic syndrome
	<ul style="list-style-type: none"> • Angiodysplasia

CCL 4	<ul style="list-style-type: none"> • Irreversible lymphoedema
Min 49 mmHg	<ul style="list-style-type: none"> • Severe post –thrombotic syndrome

Stockings with the indicators for class 3 and 4 should only be prescribed by medical specialist.

▪ Recommendation

One size does fit all does not apply for compression stockings – each diagnosis is individual and requires individual assessment. The stage of the venous disorder must also be taken into consideration. By far the most commonly prescribed stockings are those with compression class 2.

Patient compliance also has an influence on the choice of the compression class. Where a patient has difficulty handling a class 2 stocking, they may want to consider reliably wearing a class 1 stocking. The primary goal of treatment is the improvement of the clinical findings.

Indications and duration of compression treatment

Indications

Duration of compression treatment

(based on practical experiences)

Leg Symptoms

Functional disorders such as the feeling of heaviness and muscle fatigue in the legs with a tendency to swelling in the legs

At all times during prolonged sitting or standing also recommended for associated occupations.

Varicosis

Superficial varicose veins with subjective manifestations (minor varicose dilatation of the cutaneous veins , reticular veins) (C1, C2)*

As long as symptoms persist and, where appropriate, as prevention in familiar stress situations

Advanced primary varicose veins with oedema (trunk or branch varices) (C2, C3)*

With temporary or permanent contraindications for sclerotherapy or surgery, or where these treatments, compared to compression, are not yet indicated or rejected by the patient

To optimise treatment success after:
 a) selective surgical removal of varicose veins (outpatient procedure)
 b) vein stripping
 c) after sclerotherapy
 d) after endoluminal ablation

Depending on findings and treatment from weeks to several months

Following Varicose vein treatment

May prevent recurrence (this is suspected, has not yet been confirmed by studies)

Skin lesions caused by chronic venous insufficiency

Eczema, erythema, hyodermatitis (C4)*

After basic treatment, usually lifelong compression

Dermatosclerosis, purpura, atrophie blanche (C4)*

Usually lifelong compression

Healed venous ulcer (C5)*

From several months to lifelong compression, depending on the initial cause

Active venous leg ulcer ** (C6)*

From several months to lifelong compression, depending on the initial cause