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Post -Thrombotic Syndrome and
Compression Stockings



Post - Thrombotic Syndrome

- Complication of Deep Vein Thrombosis
- 1.0-1.6 per 1000 people per year develop DVT
- Develops in 20-50% patients within 1-2 yrs post DVT
- Severe PTS develops in 5-10% of these patients
- No reliable predictive factors for which patients develop PTS



Symptoms of PTS ?

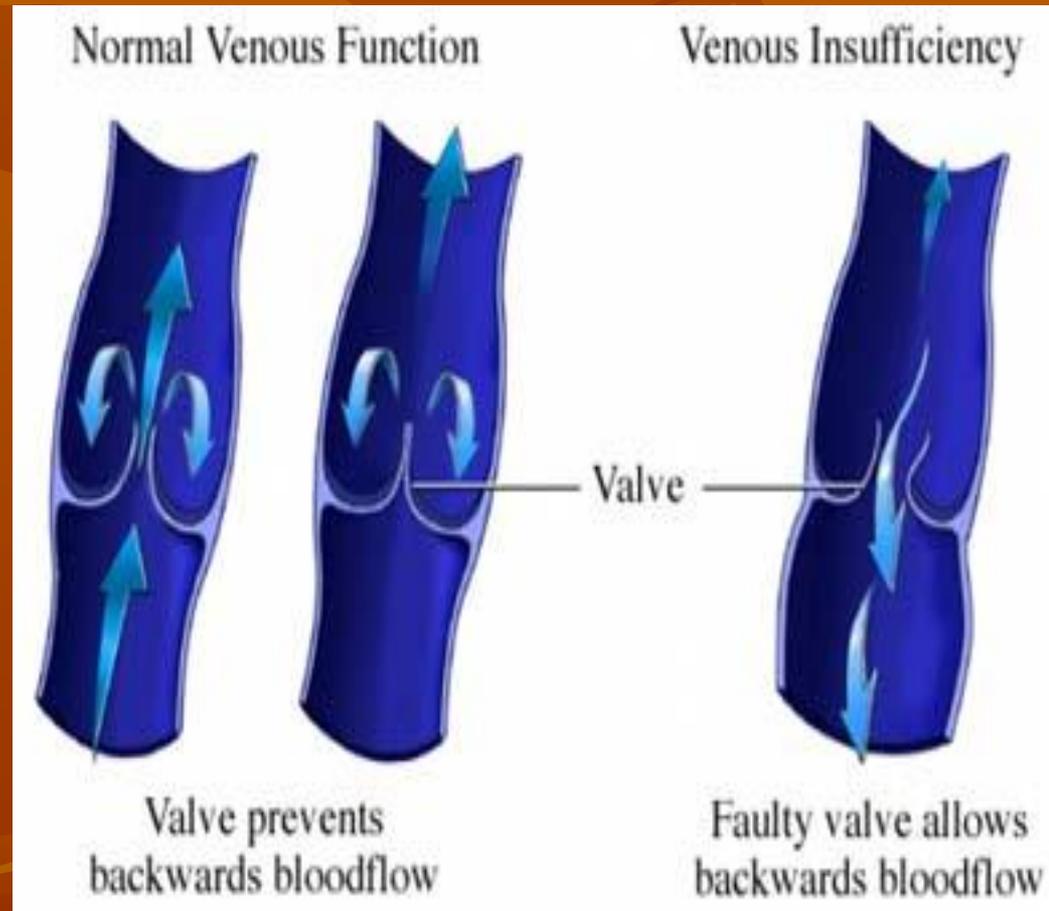
- Causes pain, heaviness and Swelling in the affected limb aggravated by standing or walking.
- Odema, hyperpigmentation, eczema, venous, ectasia and development of varicose collateral veins may occur
- Pins and needles with itching
- Severe Cases can unfortunately have Ulceration
- Morbidity has been reported in very severe cases !

The Reality of PTS!

- PTS with ulceration



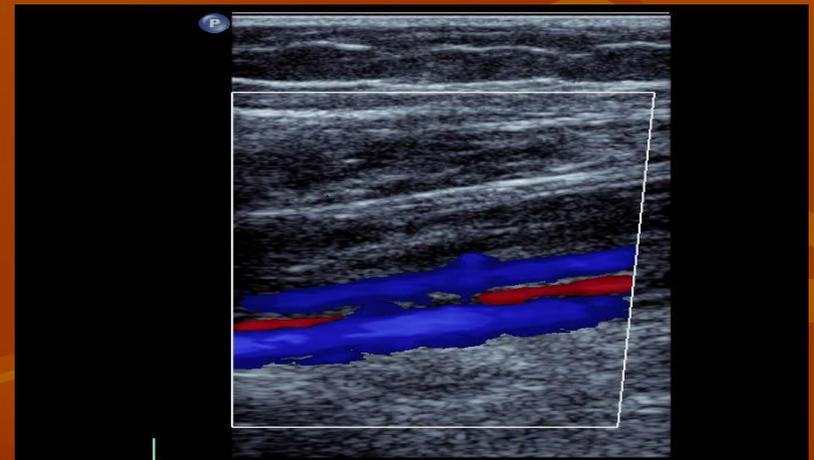
- What is happening



?Risk factors for developing PTS



CRP
(C-Reactive Protein)



Managing PTS

- Thromboprophylaxis -lets reduce the incidence of primary DVT
- Reduction of recurrent DVT –Adequate Anticoagulation for initial DVT
- Use of Graduated Elastic compression Stockings in prevention
- Severe PTS – class 3 ECS 34-46 mm/hg at ankle consider use of long term compression extremity pump

Elastic Compression Stockings

- Clinic trials have shown that ECS reduce the incidence of PTS post DVT
- Recommended 30-40mm hg at ankle [Class 2 most commonly used in prevention]
- Aim to fit ECS 2-4 weeks post DVT [asses swelling pain and contraindications to consider]
- Knee length stockings are better tolerated [assess patients individually]
- For 2 years minimum post Initial DVT
- Any health professional prescribing, fitting and educating use of the ECS should have the adequate knowledge so patient is given the optimum chance to prevent PTS

A role for Anticoagulant Clinics?



- Specialist Health professionals – Relevant Knowledge
- Ongoing contact with patient
- Rapport with patient
- Patient Compliance

Improving Compliance

- Thorough discussion and education to patient about PTS and benefits of ECS
- Provide choice of colours and style of compression stockings
- Consider use of aid/assisting tools for putting on stockings
- Follow up and assessment

Questions to consider

- How soon after DVT Should We fit Compression stockings?
- How long should the patient wear their stockings?
- Should the stockings be knee or thigh length?
- Who should issue stockings and follow up?
- What Gradient of Stocking should be fitted ?

Discussion and Questions

