

## IMPORTANT NOTES:

1. Stockings can take up to three weeks for delivery so please inquire early to ensure your stockings arrive in time for your appointment.
2. The stockings you purchase must be at least thigh-high and at a compression level of 20-30mmHg.
3. Compression stockings may be covered by your insurance so please check with your insurance provider for details.

**Web stocking vendor:** Ames Walker at [www.ameswalker.com](http://www.ameswalker.com)

They offer high quality, comfortable compression stockings at a good price. The site also has a helpful sizing chart. Stockings come in thigh-high, panty hose, and leotard options.

**Local pharmacy's:** Call the stocking vendor of choice and discuss your needs before going in to order your stockings. Most require an appointment and will assist you in selecting the appropriate size.

**Home Health Medical Express:** 541-479-6919  
1700 Nebraska Ave. Ste. B, Grants Pass

**McLain's Drug Center:** 541-476-446  
301 SE 6<sup>th</sup> St., Grants Pass

**Black Oak Pharmacy:** 541-773-5356  
2924 Siskiyou Blvd., Medford

**Black Oak Home Medical:** 541-690-1130  
4800 Crater Lake Ave., Medford

**Phoenix Pharmacy:** 541-535-1561  
404 N. Main, Phoenix

**Ashland Drug,** 541-482-3366  
275 E Main St., Ashland

**Medical Center Supply:** 530-842-4301  
742 S Main St., Yreka

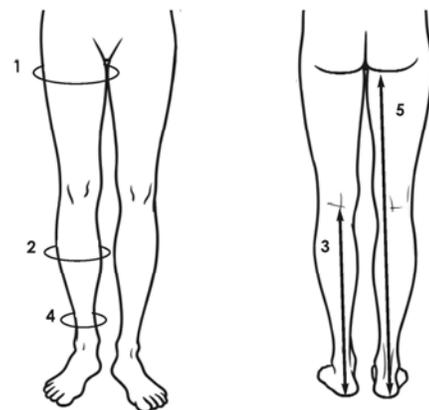
**Chetco Pharmacy & Gifts:** 541-469-2616  
890 Chetco Ave., Brookings

**Hanger P & O:** 541-779-8199  
1840 E Barnett Ste. A, Medford

**Spectrum P & O:** 541-734-2435  
1180 Crater Lake Ave., Medford  
1825 Nebraska Ave., Grants Pass: (541) 955-9678

## How to measure for stockings:

1. Measure the circumference around the widest part of your thigh.
2. Measure around your calf at its widest part.
3. Measure the length of your calf (from the floor to the bend in your knee).
4. Measure around the narrowest part of your ankle above the ankle bone.
5. Measure the length of your leg from the gluteal fold (just below your bottom) to the floor.



Visit our web site for helpful tips on how to put your stockings on.

[www.AdvancedVeinCtr.com](http://www.AdvancedVeinCtr.com)

## Stocking care:

Compression in the stockings is good for 6 months with everyday wear, providing they are laundered with a "stocking cleanser" or Ivory BAR soap. "Liquid" soaps will destroy the integrity of the compression fibers. Stocking cleansers are also available at local medical supply outlets and pharmacies.