



***Indications for use:***

*To prevent the pooling of blood and deep vein thrombosis in the legs.*

The HeelSafe™ DVT Hose are designed to mitigate and prevent deep vein thrombosis in recumbent patients, and in patients with limited or restricted mobility for extended periods of time. Compression progressively decreases from the ankle to the knee in the knee-high model, and from ankle to the thigh in the thigh-high model. Nominal compression values are in the range of 15 to 20 mm Hg at the ankle, 12 to 16 mm Hg at the calf, and 9 to 12 mm Hg at the thigh. Progressively decreasing compression aids in improving venous return and avoiding clot formation in the lower limbs.

The open heel of the HeelSafe DVT Hose aids in preventing pressure on the heel that would be caused by the 15-20 mm Hg compression of other stockings. The latex-free HeelSafe DVT Hose open heel allows for easy visualization and palpation of the heel at all times.



*To learn about HeelSafe™ DVT Hose, visit  
[www.heelsafe.com](http://www.heelsafe.com)*

# HeelSafe™ Sizing Chart

|              | CIRCUMFERENCE               |                           |                           | LENGTH                             |                                  |
|--------------|-----------------------------|---------------------------|---------------------------|------------------------------------|----------------------------------|
|              | <b>1</b> Ankle              | <b>2</b> Calf             | <b>3</b> Thigh            | <b>4</b> Thigh                     | <b>5</b> Knee                    |
| <b>SML</b>   | 7.5" - 9"<br>(19 - 23 cm)   | 11" - 13"<br>(28 - 33 cm) | 16" - 19"<br>(41 - 48 cm) | less than 28"<br>(less than 71 cm) | less than 16"<br>(41 cm or less) |
| <b>MED</b>   | 8.5" - 10"<br>(22 - 25 cm)  | 12" - 15"<br>(30 - 38 cm) | 17" - 21"<br>(43 - 53 cm) | 28" - 30"<br>(71 - 76 cm)          | 16" - 18"<br>(41 - 46 cm)        |
| <b>LRG</b>   | 9.5" - 13"<br>(24 - 33 cm)  | 14" - 18"<br>(35 - 46 cm) | 19" - 26"<br>(48 - 66 cm) | 30" - 32"<br>(76 - 81 cm)          | 17" - 19"<br>(43 - 48 cm)        |
| <b>XLRG</b>  | 13.5" - 15"<br>(34 - 38 cm) | 17" - 21"<br>(43 - 53 cm) | 25" - 32"<br>(63 - 81 cm) | 30" - 34"<br>(76 - 86 cm)          | 18" - 22"<br>(46 - 56 cm)        |
| <b>XXLRG</b> | 15.5" - 17"<br>(39 - 43 cm) | 21" - 26"<br>(53 - 66 cm) | 32" - 36"<br>(81 - 91 cm) | 29" - 33"<br>(74 - 84 cm)          | 17" - 19.5"<br>(44 - 49 cm)      |

## Heel Opening Instructions

- The HeelSafe DVT Hose should be placed with the small heel opening centered slightly above the BACK of the heel.
- The opening is not necessary over the plantar pad of the heel.
- Reposition to change rim pressure as necessary.



**NOTE:** Heels should be visualized and palpated every 8 to 12 hours for optimal pressure ulcer preventive care. Carefully check the rim of the hose over the Achilles tendon and reposition as necessary.

### **3** *Thigh Circumference*

Measure the Thigh Circumference at the widest part of the thigh.

### **2** *Calf Circumference*

Measure the Calf Circumference at the widest part of the calf.

### **1** *Ankle Circumference*

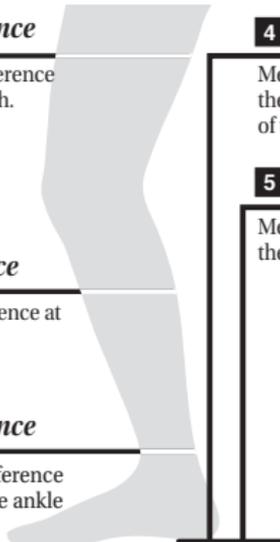
Measure the Ankle Circumference at the narrowest point of the ankle above the ankle bone.

### **4** *Thigh Length*

Measure the Thigh Length from the floor to just above the middle of the thigh.

### **5** *Knee Length*

Measure the Knee Length from the floor to the knee.



## *HeelSafe™ Features*

- **Unique open-heel “window” design:** Allows for easy visualization and palpation of the heel to help prevent heel pressure ulcers.
- **Two Available Lengths:** HeelSafe DVT Hose are available in thigh high and knee high lengths to accommodate all of your patients.
- **Latex-Free Construction:** Safe for patients with latex allergies.
- **Graduated Compression:** Helps prevent pooling of the blood in the legs.
- **Compression Ratings:**  
Knee High 20 to 12 mm Hg, decreasing ankle to calf.  
Thigh High 20 to 9 mm Hg, decreasing ankle to thigh.
- **Suggested Codes:** A6530 for Knee High and A6533 for Thigh High

## HeelSafe™ Washing Directions

|                              |   |
|------------------------------|---|
| Machine wash warm (delicate) |  |
| Hand wash warm               |  |
| No bleach                    |  |
| Drip dry / No dryer          |  |
| Do not wring                 |  |
| No ironing                   |  |

### **WARNING:**

In vitro study with HeelSafe DVT Hose showed evidence of mild reactivity.

### **CONTRAINDICATIONS:**

Patients with edematous, breached or compromised skin. Peripheral vascular disease - No pulses = no compression hose

### **CAUTIONS:**

Consult with your doctor if you have a history of allergies or sensitivity to nylon or spandex; or compromised circulatory function.

### **PRECAUTIONS:**

Consult with your doctor if you observe any redness or swelling at the heel opening. Ensure that the measurement instructions for the calf and thigh shown in these directions for use are carefully followed to ensure correct fitting.



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