

# LUCKi Fitting Chart

## Make 2 decisions.

1. Select the required **Compression** level  
30-35 mmHg (Class II) or  
35-40 mmHg (Class III) at the ankle.
2. Select the **Style** for the outer stocking  
Option 1: Black sock  
Option 2: Beige knee high hosiery

## Take 3 measurements.

1. Measure the smallest ankle circumference.
2. Measure the largest calf circumference.

1 & 2 give you your **size**.

3. Measure the distance from the bend in the knee to bottom heel to get your **length**.



Ankle (cm)	Calf (cm)	Size	Calf height (knee to heel)		Length
			Beige hosiery	Black sock	
18 - 20	25.5 - 33	A	To 38 cm	To 40.5 cm	S ( <i>Short</i> )
			Over 38 cm	Over 40.5 cm	R ( <i>Regular</i> )
20 - 22.5	30.5 - 38	B	To 40.5 cm	To 43 cm	S
			Over 40.5 cm	Over 43 cm	R
22.5 - 25.5	35.5 - 43	C	To 43 cm	To 45.5 cm	S
			Over 43 cm	Over 45.5 cm	R
25.5 - 28	40.5 - 48.5	D	To 45.5 cm		S
			Over 45.5 cm		R
28 - 30.5	45.5 - 53	E	To 45.5 cm		S
			Over 45.5 cm		R
30.5 - 33	50 - 58.5	F	To 45.5 cm		S
			Over 45.5 cm		R
33 - 35.5	55.5 - 66	G	To 45.5 cm		S
			Over 45.5 cm		R

Now use the size, length, compression class and style to order.

E.g. HSML 30-35 A S Beige

## Usage Instructions

Apply LUCKi as soon as the patient's leg oedema has stabilised and the measurements fall within the fitting chart. Apply the stocking system either early in the morning when the oedema is reduced or elevate the patient's leg for 30 minutes prior to application. Following the instructions supplied with the stocking.

### Understocking:

1. Apply the Understocking first. Position the heel area over the heel.
2. Position the ankle marker at the smallest ankle circumference.
3. Position the top of the stocking below the knee.
4. Smooth the fabric to eliminate wrinkles.

### Overstocking:

1. Place second stocking on the foot aligning toe and heel area with Understocking.
2. Work stocking up the leg so that the top of the Overstocking matches the top of the Understocking.
3. Grasp both the Understocking and Overstocking fabric at the end of the toes and pull gentle, reducing pressure on the toes and any wrinkles in the foot area.
4. Smooth out any wrinkles.

*Note: Patient should be re-measured on a regular basis to determine if oedema has reduced. Apply a smaller stocking if measurements indicate.*

## Care Instructions

### To maintain optimum condition and elasticity:

For best results wash inner and outer daily.

HOT WASH (> 60°C)

or

WARM WASH (40°C) and tumble dry on medium.

Please wash stockings in laundry bags to protect them.

Do not wash in cold water.

Wear inner overnight when at rest/sleep to keep swelling at bay.

(Remove in the morning to wash to refresh compression, replace with another pair.)

Wear inner and outer during the day when ambulatory.

## Your Local Distributor:

# LUCKi

## Leg Ulcer Compression Kit

For the treatment of Venous Ulcers



HEALTH SUPPORT MULTI-LAYER COMPRESSION SYSTEM  
BY CAROLON

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Comfort & Compliance

## Compression Bandage Problems?

Research using sub-bandage pressure monitors demonstrated that only 35% bandaged limbs achieved targeted compression levels.

- Painful and uncomfortable for the patient?
- Do patients present with recurrent ulcers because they fail to follow their prescribed compression regimen?
- Do patients complain about the high cost of therapy?



Uneven bandage application: ridges of oedema 4

Poor fit, thin limbs with oedema, pressure damage 4

Pressure damage, ridge formation 4



Poor fit, bands of pressure around ankle 4

Poorly designed stocking creating avoidable tourniquet effect

Poor bandaging application, toe swelling and forefoot

# LUCKi

Leg Ulcer Compression Kit

**HEALTH SUPPORT  
MULTI-LAYER  
COMPRESSION SYSTEM  
BY CAROLON**

**2 layers of compression system in 2 stockings**

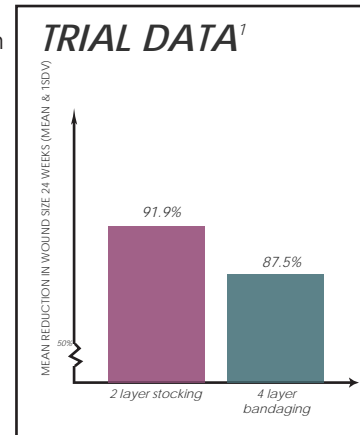
providing a proven<sup>1</sup>, simple, quick and effective compression system to treat venous ulcers.

### The Understocking

- Secures primary dressing
- Worn 24/7, maintaining moderate compression around the clock
- Facilitates the application of the overstocking
- Reduced toe-box compression

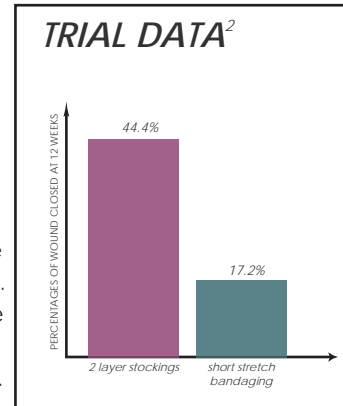
### The Overstocking

- Depending on the style, the 2 layers will produce Class II or Class III graduated compression levels during the day or when ambulatory.
- Looks like fashion wear.



## LUCKi provides:

- **Faster ulcer treatment:**  
The use of LUCKi has shown reduced treatment time for closure.<sup>2</sup>
- **Ease of application:**  
Unlike conventional bandage systems that require approx. twenty minutes of nursing time to apply, LUCKi is simple to apply in only a few minutes.
- **Works with primary dressings:**  
Because the patient can participate in their own care, primary dressings can be replaced by the patient or family member(s) when needed without "bandaging".
- **Significant cost savings:**  
LUCKi used properly will last 6 months<sup>6</sup> and costs less than 3 weeks of other leading 4-layer bandage system.
- **Compression hosiery confidence:**  
Patients inability/refusal to wear prophylactic compression contribute to venous ulcer recurrence.<sup>3,4</sup> LUCKi users report increasing confidence and comfort in using the report.<sup>1</sup>
- **LUCKi** not only helps treat the ulcer but also trains the patient in the use of compression hosiery for long term prevention.



### References:

- <sup>1</sup> Bale, Sue. University of Wales College of Medicine. A Pilot Study to Evaluate the Use of Graduate Compression Stocking in the Treatment of Patients with Venous Leg Ulceration. Presented at the Paris EWMA Meeting, 2004.  
<sup>2</sup> R Polignano, University degli Study de Firenze. P. Bonadeo, Institute of Vascular Surgery, Milan University. G. Guamera, Istituto Dermatologico dell'Immacolata. 2004. Randomized control trial: Compression for venous leg ulcers via bandages or stockings: Results of a pilot study comparing the performance of a two-layered compression stocking system with that of a short-stretch bandage. Published Journal of Woundcare. Vol 13 (9), October 2004.  
<sup>3</sup> Nelson EA, Bell-Syer SE, Cullum NA. Compression for preventing recurrence of venous ulcers. Cochrane Database Syst Rev, 2000; (4): CD002303. Centre for Evidence Based Nursing, Department of Health Studies, University of York, Genesis 6, York, YO10 5DQ, UK, YO10 5 DQ. <sup>4</sup> Moffatt C. Compression Therapy in Practice, 2007. Wounds UK Publishing. <sup>5</sup> Edwards, Helen. Identifying Optimal Levels of Compression to Promote Healing in Chronic Venous Leg Ulcers. Queensland University of Technology, Brisbane, Australia. Presented at the Third Congress of World Union of Wound Healing Societies, Toronto, Canada 2008. <sup>6</sup> LUCKi maintains its compression for 90 warm machine washings and dryer cycles. So with one pair on your legs, one pair in the wash, you can use LUCKi 180 times!

Cost-Effective

Simple

Accurate