

Comfort Capri™ preferred over thigh-high elastic compression stockings by post vein ablation patients

A Pilot Study July 2011

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Objective: To determine the suitability of the Comfort Capri™ as a compression device following great saphenous vein (GSV) ablation procedures. The study looked at patient satisfaction and preference of the Capri compared to traditional thigh-high gradient compression stockings.

Background: Vein ablation is a minimally invasive procedure that eliminates abnormal, refluxing veins. Patients who undergo this procedure may experience mild to moderate pain, tenderness, bruising, and swelling for a few days following the procedure. These symptoms have historically been treated with compression in the form of elastic compression stockings. Compression offers support and protection for the affected area and may also prevent the rare possibility of blood clots forming.

Treatment: Comfort Capri™ and thigh-high compression stockings were applied on 7 women who underwent bi-lateral GSV ablation. Each leg was treated individually with a 7-10 day waiting period between procedures. Ablation was performed with a 1470 nm laser. Patients ranged in age of 40 to 65 years and were randomized to wear the Comfort Capri™ or the stocking for the first treatment, then were asked to wear the other garment for comparison

following the second treatment. The Comfort Capri™, which covers from below the knee to the waist, and the thigh-high elastic compression stocking were worn for an average of 5 and 4 days, respectively. Evaluated aspects included application, removal, fit, pain level, comfort, adhesiveness, and overall quality.

Results: Patient response to the Comfort Capri™ was overwhelmingly positive. Five of the 6 patients preferred the Capri over the stocking and the remaining patient did not have a preference. Patients reported that the Comfort Capri™ was easier to apply, was more comfortable, offered a better fit, and stayed in place better than the compression stocking. One patient was excluded from the comparative data as she did not wear both garments, but nevertheless rated the Capri's features as being excellent.

Conclusions: This small pilot study suggests a strong trend towards patients preferring the Comfort Capri™ for compression instead of compression stockings after GSV ablation treatment. The Capri received an equal or better rating in all categories, which suggests that patients prefer the Capri as a compression solution over the elastic stocking.

Patients noted that the Capri was slimming and that they liked how easily it could be worn underneath clothing. It was also reported, however, that the Capri did not always fit properly. Two patients complained about tightness at the waist or calf; these concerns could have been addressed by choosing a larger Capri size for the patient. Complaints about the stocking being hot and heavy, an unfavorable color, too long, and painful were also received. For full-leg coverage and greater versatility, the Capri could also be worn in combination with a below-knee compression stocking.

AVERAGE RATINGS FOR EACH EVALUATED ASPECT

| | | |
|------|-----------|-------|
| Key: | Excellent | 1 - 2 |
| | Good | 3 - 4 |
| | Poor | 5 - 6 |

| | Comfort Capri™ | Compression Stocking |
|-------------------------|----------------|----------------------|
| Ease of application | 1 | 3 |
| Ease of removal | 1 | 2 |
| Overall fit | 1.7 | 3 |
| Pain level | 1.8 | 2.2 |
| Comfort when wearing | 1.5 | 3.7 |
| Garments stays in place | 1.3 | 3.8 |
| Overall quality | 1.3 | 1.3 |

