

Products and Services

- Ostomy
- Hernia Belts and Undergarments
- Continence
- Mastectomy
- Compression Socks & Garments
- Post Surgical Garments
- Wound & Skin Care
- Lymphedema
- Bracing & Supports
- Scar Therapy

Clinical Consultations

- Complimentary consultation with Nurse Specialized in Wound, Ostomy & Continence (NSWOC)
- Counselling
- Stoma Markings
- Nurse Continence Advisor

Custom Fittings

- Certified Fitting Specialists on Staff
- Custom Hernia Belt Fittings

Education

- Pre- and Post-Op Education
- Experienced Customer Service Staff

We can bill directly to PharmaCare, Non-Insured Health Benefits (NIHB), Workers' Compensation Board (WCB), ICBC and Department of Veterans Affairs (DVA).

Contact Us

Contact Nightingale Medical for all your product and service needs in Ostomy, Continence, Mastectomy, Wound Care, Compression Wear, Scar Therapy, Braces & Supports.

Vancouver - Broadway

104-950 West Broadway
Ph: 604.563.0422 | 800.663.5111 | F: 604.336.3179

Vancouver - South

125-408 East Kent Avenue South
Ph: 604.879.9101 | 800.663.5111 | F: 604.879.3342

Langley

103-19909 64th Avenue
Ph: 604.427.1988 | 855.427.1988 | F: 604.427.1989

White Rock

1477 Johnston Road
Ph: 604.536.4061 | 877.386.8773 | F: 604.536.4018

Victoria

815 Bay Street
Ph: 250.475.0007 | 855.475.0007 | F: 250.475.0004

Kamloops

450 Lansdowne Street
Ph: 250.377.8844 | 877.377.8845 | F: 250.377.8889

Vernon

111-3400 Coldstream Avenue
Ph: 250.545.7033 | 800.545.8977 | F: 250.558.0034



NIGHTINGALE
MEDICAL SUPPLIES LTD



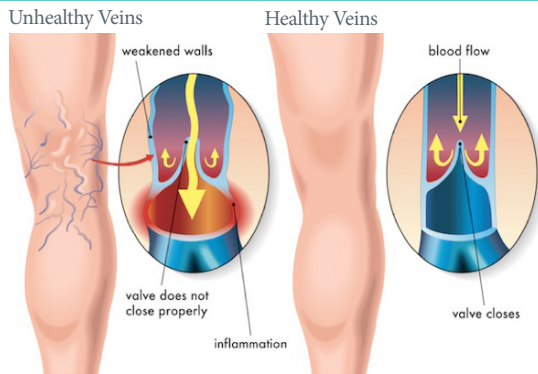
**COMPRESSION
SOCKS**

Venous Insufficiency

Our legs consist of veins and arteries. Veins return blood to the heart from all the body's organs. To reach the heart, the blood needs to flow upward from the veins in the legs. Calf muscles need to contract with each step to squeeze the veins and push the blood upward. Squeezing requires the bending of the ankle to keep the blood flowing up and not back down. The veins contain one-way valves.

When the veins in your legs don't work properly they are unable to pump blood back up to your heart. This is called venous insufficiency or Chronic Venous Disease.

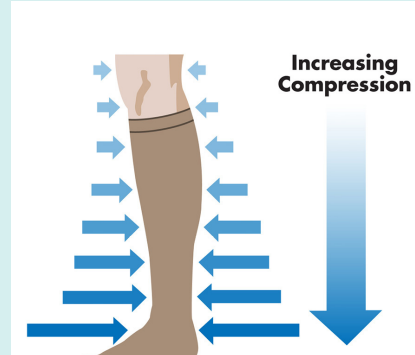
Unhealthy Veins vs. Healthy Veins



Compression is used to help your veins pump the blood back up to your heart. Compression will decrease the swelling in your legs and help prevent wounds from occurring.

How Compression Socks Work:

The external graduated compression that is engineered into compression socks acts as a layer of muscle that gently squeezes the stretched vein walls together, allowing the valves to close. The cavity of the vein is reduced, thereby restoring blood flow to a normal state and aiding overall circulation.



Nightingale Medical carries a wide variety of compression socks, from sheer to sport styles, and in various colors to suit your lifestyle.

Compression Socks Are Beneficial For:

- Tired, aching, heavy-feeling legs
- Leg swelling
- Varicose veins
- Venous insufficiency
- Pregnancy
- Post-thrombotic syndrome
- Healed/active venous ulcers
- Lymphedema
- Air travel / long drives
- Sitting / standing for long periods of time
- Athletic activities

*Compression socks should be replaced every six months if worn daily, as they lose elasticity over time.

FAQ's

Is a prescription required?

A prescription is only required for socks with a compression ≥ 20 mmHg.

What is mmHg?

mmHg, also known as a "millimeter of mercury" is a manometric unit of pressure. This defines how much pressure a pair of compression socks will give the user.

What levels of compression are available?

Compression socks are available anywhere from 8 mmHg to 60 mmHg.

What level of compression will work for me?

We recommend that you speak with your doctor to assess your needs. Once you've determined the proper level of compression (and received a prescription of ≥ 20 mmHg) our team can help you choose a brand & style.

What size and style should I get?

One of our certified fitting specialists can assist you with measurements and style recommendations. Measurements should be taken in the morning before swelling builds in the legs and feet.

Are compression socks covered by my insurance provider?

Many insurance providers and benefit plans cover compression socks. Speak with your provider to learn more.

CALL US TODAY

to book a free appointment with a certified fitter!