**Can Compression Stockings Cause High Blood Pressure?**

Imagine you are on a day-long flight to the other part of the world. You have been sitting still in the economy class for like 4 hours straight and don’t feel your legs anymore. Then, at last, you try to stand up but have trouble in finding your balance as your legs aren’t helping you because they are completely jammed and therefore need a good amount of time to get back to normal (given that you are fit), and during this time you are getting stares from people around which is weird if respect is something you always make a priority of.

If you have ever found yourself stuck in that situation or something similar to it then you badly need ‘compression stockings’ so you may not need to face all of that again.

**What Compression Stockings Are?**

They are a sleeve-like additional garment often intended to wear for medical reasons mainly for a better flow of blood in the veins which is directly related to vascular health. Because it is extremely useful in making the blood flow smooth so it cannot be said that they can cause high blood pressure. Until and unless you refrain from taking necessary precautions.

For legs, people usually wear compression socks while for arms it is only a sleeve open at both ends. They come in several varieties and the best to use are the ones recommended by medical experts.

* It provides maximum comfort and does not let you get tired for a longer time.
* It can make you look all decent while taking good care of your posture.
* You will be able to move around smoothly than before.

**What Can They Do?**

As said earlier, their main purpose is to contain the blood from gathering in one place and eliminate the possibilities of the formations of a clot. They are highly effective when you have a sedentary lifestyle (i.e. when you have to sit for long hours and work in front of a computer system).

Your lack of movement makes everything inside come to a stand-still and eventually leads to many hidden diseases that come to the fore only later in life. Not only this but patients, especially those who are bound to bed are at the highest risk of suffering the blockage in the veins as they get to move the least. It is here that these compression stockings come into play.

Every year around 35,000 people in USA are diagnosed with the problem of blood clotting. If it’s in early stages then can be operated and healed efficiently, but if it is already too late then surgery remains the last option as stockings alone cannot do this job.

Therefore it is advised to have your blood flow checked in routine to avoid the worst.

* Presses your skin just right to ensure the flow of blood is continuous without exerting much pressure so that your veins are not blocked.
* As they can control the flow of blood so it means they indirectly help in keeping the body temperature optimum.
* It can help in preventing DVT (Deep Vein Thrombosis).

**How to choose the perfect one for you?**

This is the most delicate part because here you have to consider multiple factors. The first one being, is this recommended by your doctor? Or how about the quality and how it’s going to look on you. Remember not all stockings are the same and not all good ones are for you. There are size issues as well. Like even the one of superior quality can harm you because simply it was not the remedy you needed.

It depends on the amount of compression that your muscles can contain. If you go on wearing the one which compresses your muscles too much then obviously it will lead to causing you high blood pressure since there was a deliberate pressure on your veins despite the blood flow before it was just normal.

**Finding out if it is good for you**

Finding out can both be simple or even difficult for you. According to doctors, you should always be opting for branded stockings and not the ones manufactured in your unpopular neighborhood. As simply they can pose a high risk to your physical health and you may have to suffer from paralysis afterward.

The best strategy is to first know what your size is and why you want to wear one. If you are an athlete then this pretty much explains things well. You would mostly need stockings for your feet as the role of running involves a lot in sports. If you are just a normal person then going for a standard quality will do the job for you. Keeping aside the special cases like for patients or who are advised to go for physiotherapy.

**Ted Hose vs Compression Stockings**

Ted Hose is usually for patients who are on bed rest at all times while compression stockings can be used by the patients who are on the move. They don't need to be used by the patients only, as it has already been said that it has a lot more benefits in our daily life and can be perfectly used by people who do not experience any anomaly in their blood flow system. Just as a precaution it is highly appreciated to use these stockings.

**Conclusion**

Indeed the stockings are a big help in keeping your blood pressure just moderate if you choose the one that is your type, or you have to face the grave consequences. Compression Stockings do not contribute to causing you high blood pressure unless you do something that was never meant to do (i.e. wearing the wrong stockings that do not match your body type).

Conversely, you would do yourself a huge favor if you follow the advice of your doctor and act on their prescriptions and bring in use only what you have always needed.

In the end, no one can tell better than yourself how you feel from inside after trying out the stockings and whether does it let your blood pressure to increase or stay just as normal?