

doi: 10.4081/itjm.2026.2463

## SUPPLEMENTARY MATERIAL

### **Efficacy of compression stockings on preventing post-thrombotic syndrome: a systematic review and meta-analysis of randomized controlled trials**

Mosaad Almegren

Department of Medicine, College of Medicine, Imam Mohammad Ibn Saud Islamic University,  
Riyadh, Saudi Arabia

**Correspondence:** Mosaad Almegren, Department of Medicine, College of Medicine, Imam Mohammad Ibn Saud Islamic University, P.O. Box 7544, Othman Bin Affan Road, Al Nada, Riyadh, Saudi Arabia.

Tel.: +966112037100. E-mail: [mosaad966@gmail.com](mailto:mosaad966@gmail.com)

**Key words:** elastic compression stocking, post-thrombotic syndrome, deep vein thrombosis.

Note: The publisher is not responsible for the content or functionality of any supporting information supplied by the authors. Any queries should be directed to the corresponding author for the article

**Supplementary Table 1. Study descriptor table.**

Study	RCT design	Region, centers	All patients (n, number of males, mean age in years)	ECS group (n, number of males, mean age in years)	Period to ECS use after DVT	Duration of ECS use	ECS compliance	ECS type, length, ankle pressure	Comparison group (n, number of males, mean age in years)	Follow-up
Brandjes <i>et al.</i> (1997) <sup>14</sup>	Open label	Netherlands, 1 center	n=194, 108, 60±17	n=96, 54, 60±17	2-3 wks	2 years	73/96 always wore their stockings, 16/96 usually wore their stockings, 7/96 did not wear or only occasionally wore their stockings	Made-to-fit, knee-length, 40 mm Hg	No ECS; n=98, 55, 59±17	76 months
Jayaraj and Meissner (2014) <sup>31</sup>	Open label	USA, 2 centers	n=69, 35, 48 years	n=36, 18, 48±14	2 days	2 years	compliance (always or mostly wore their stocking) was 60% at 2 years	Ready-made knee-length, 30-40 mm Hg	No ECS; n=33, 17, 47±16	16 months
Kahn <i>et al.</i> (2014) <sup>20</sup>	Double blinded	Canada and USA, 24 centers	n=803, 483, 55.1±15.5	n=409, 255, 55.4±15.3	2 wks	2 years	304 (55.6%) of 547 reported always or mostly wearing their ECS after 2 years	Ready-made, knee-length, 30-40 mm Hg	Placebo ECS (<5 mm Hg); n=394, 228, 54.8±15.8	24 months
Prandoni <i>et al.</i> (2004) <sup>15</sup>	Open label	Italy, 1 center	n=180	n=90, 42, 60.1±18.5	1 wk	2 years	78/84 wore their stockings for at least 80% of daytime hours	Ready-made, below-knee, 30-40 mm Hg	No ECS; n=90, 35, 63.0±18.9	50.5 months in the ECS group and 47.5 months in the no-ECS group
Thapar <i>et al.</i> (2025) <sup>32</sup>	Assessor-blinded	UK, 19 centers	n=111	n=56	3 weeks	1.5 years	60% of participants reported wearing GCS for greater than 8 hours per day	made to fit, knee length, 23–32 mmHg	No ECS; n=55	18 months
Yang <i>et al.</i> (2021) <sup>33</sup>	Assessor-blinded	China, 1 center	n=232, 100, 59.2±13.2	n=113, 48, 60.6±12.0	4 weeks	2 years	85/113 patients wore ECS at least 6 days a week, 13/113 wore stockings 4-5 days a week, and 15/113 wore stockings fewer than 4 days a week.	Ready-made, knee-length, 30-40 mm Hg	No ECS; n=119, 52, 57.8±14.1	24 months

DVT, deep vein thrombosis; ECS, elastic compression stocking; wks, weeks; n, number; RCT, randomized controlled design.