

Compression for the prevention of post-thrombotic syndrome after deep vein thrombosis: What is the ideal therapy duration?



Current Consensus

Elastic compression stockings (ECS) are recommended in the prevention of post-thrombotic syndrome (PTS) following deep vein thrombosis (DVT).

Problem

The **optimal therapy duration** still remains undefined.

OCTAVIA study

The OCTAVIA study was designed to assess whether stopping ECS therapy after 12 months is non-inferior to continuing it for an additional 12 months.

Participants n=518

PTS-free and compliant with ECS therapy (34–46mmHg) for 12 months subsequent to DVT diagnosis.

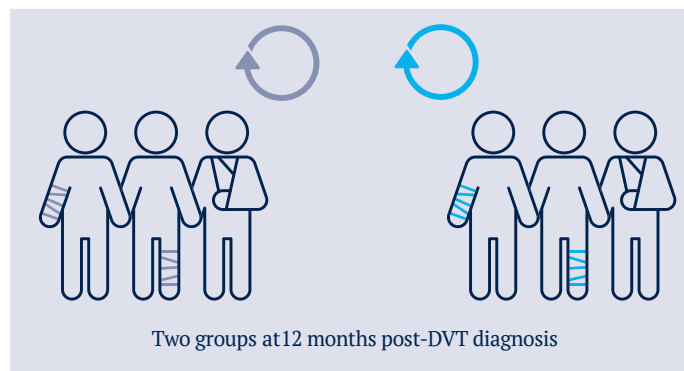


Patient randomization

Group 1 Stop-ECS

Stop after initial 12 months

- n=260
- 4 ineligible (excluded)
- Assessed: n=256
- Lost to follow-up: n=6
- Withdrew: n=13
- Died: n=2



Group 2 Continue-ECS

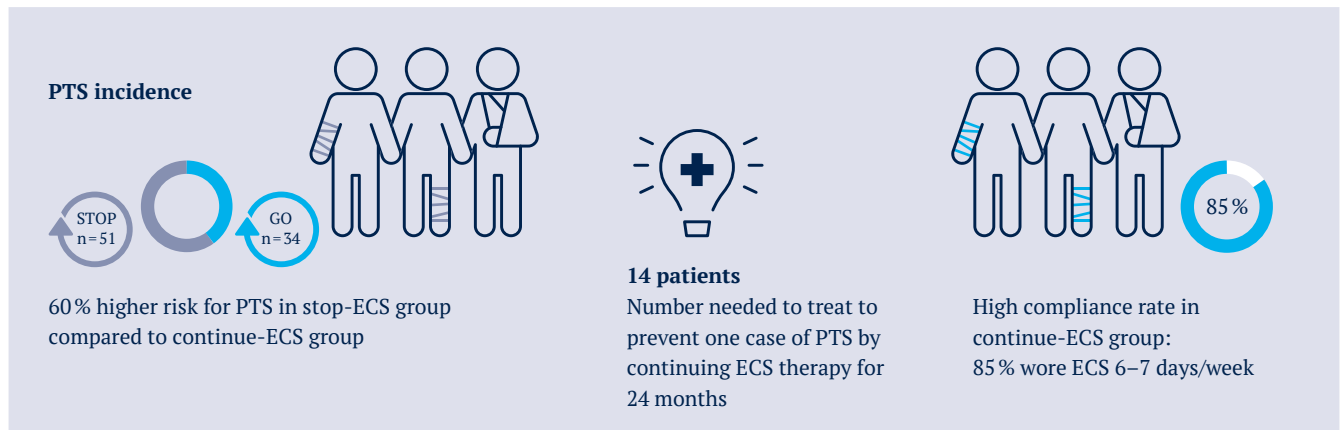
Continue for +12 months

- n=262
- 0 ineligible
- Assessed: n=262
- Lost to follow-up: n=6
- Withdrew: n=6
- Died: n=0



Results

Primary Outcome = PTS incidence 24 months after DVT diagnosis



Conclusion for preventing PTS

Stopping ECS after 12 months in compliant patients with proximal DVT was **not non-inferior** than (≈ was “**not as good as**”) continuing ECS therapy for an additional 12 months in preventing PTS.

Take-home message

Compression therapy should ideally be continued for 24 months after DVT.