

AFTERCARE VARICOSE VEIN TREATMENT:

This evening, take off your ace bandages and remove the tapes and cotton balls. Discard the tapes and cotton balls at this time. Re-wrap your legs with the ace bandages. Sleep with your ace bandages on tonight.

In the morning, remove your ace bandages if you wish to shower. Immediately following your shower, re-wrap your legs with the ace bandages. (It is important to wear your ace bandages when you are up and on your feet.) The second night and each night thereafter, remove your ace bandages before going to bed. In the morning, once again, shower if you wish, and re-wrap your legs with the ace bandages. Follow this routine for ____ days.

You may notice you have bruises on your legs. This is to be expected and will disappear gradually with normal healing.

YOU MUST WALK at least 30 minutes per day following treatment. Your legs may feel tender and sore. Walking will play a large part in how your legs are going to feel. The more walking you do, the better your legs will feel. If walking does not alleviate the soreness, aspirin may be taken every 4 hours. If you cannot tolerate aspirin, aspirin substitute may be used. Compression (wearing the ace bandage) also plays a part in helping to alleviate the soreness in your legs.

Veins which have been treated will be sensitive and tender to touch, and may feel firm or hard to the touch. This is to be expected. Lumps and bumps will form where the vein was once “soft and filled with blood”. The lumps and bumps will take several months to dissolve and be reabsorbed by the body and be eliminated as waste. (Some lumps will be larger and will last longer than others depending on the size of the vein that was injected).

The following should be **AVOIDED** for several weeks:

1. Exercise which causes heavy pounding on the bottom of your feet such as running, tennis and aerobics.
2. Hot baths
3. Jacuzzi's

DO NOT massage your legs for several weeks following treatment.

If you should experience swelling following treatment, aspirin may be taken every 4 hours to reduce the swelling. An ice pack may also be used on and off every 20 minutes as needed.

If you must stand in one place for a long time, lift your heels frequently by pushing up on your toes.

In conclusion, try to remember to use your legs as you normally would every day. If any questions arise, please phone our office.