



Vein Pre + Vein Post Care for Optimal Results

- Bring 1 pair of compression stockings to your appointment, if you do not have compression stockings you will be measured at our office and can purchase through our clinic.
- Wear loose clothing or bring a pair of shorts to change into. Do not shave or apply any lotion or oils to legs the day of treatment. Be well hydrated.
- Avoid taking Iron or Vitamin E supplements for 2 days before treatment.
- **Post treatment before leaving, please take a 30 minute walk.**
- It is important to wear your compression stockings. Compression will promote clearance of the medication in the vein and will help to reduce straining.
 - For the first 48 hours wear your stockings through the day and night.
 - If you must shower within the first 48hrs, cover your leg with a bag and tape the top.
 - After the first 48hrs you may wear your compression stockings during the day and remove at night.
 - It is recommended to wear your stockings a minimum 10-14 days post injection, however it is recommended for results to always wear compression stockings for maintenance.
- **Activity Post Injections**
 - Daily walking is encouraged for a minimum of 30 minutes in your compression stockings. Treadmill use is fine but no running.
 - Avoid strenuous exercise/ intense aerobic activity for the first 48 hrs
 - Weight bearing/heavy weight lifting should be avoided for the first 14 days that exert force on lower extremities. This is recommended to avoid the vein re opening.
- Avoid hot baths, steam rooms, hot tubs, saunas or hot showers for the first 2-3 weeks.
- Avoid taking Iron or Vitamin E 2 weeks post treatment
- If needed for pain/discomfort you can take Tylenol. DO NOT take Ibuprofen, Aspirin (unless prescribed ASA), or any over the counter anti inflammatories for 1 week post.
- **If you experience any bumps, lumps, areas of redness, swelling, pain or heat please contact our office. We may recommend a follow up visit or advise an anti inflammatory.**
- Tightness or a pulling sensation is normal post treatment. Prior to treatments the vein is flexible, post treatment it may develop scar tissue and contract. This is temporary and will resolve over time.
- Hardened, tender bumps may occur and are normal. This generally occurs when blood is trapped in a treated vein and starts to clot. You may apply a gentle warm compress daily and gentle massage to the area for relief. Sometimes draining of the trapped blood is required in a follow up appointment at our office at no additional fee to the patient.
- Your leg should not be exposed to UV rays (sunlight or artificial tanning) for a minimum of 1 week post treatment.
- Skin discolouration or staining can occur for some patients. It is more common for veins that are more superficial and by product of the treated vein is absorbed by the surface skin. It will lighten with healing and for some can be prolonged.
- A decrease/ loss of sensation in the treatment area is not unusual for some patients and is common along the shin bone or ankle. It is caused by nerve irritation and will resolve over time.
- **Treated veins will always look worse before they look better. DO NOT expect great results after only 1-2 treatments, it may take more depending on the individual. Veins may even improve gradually over the next few months.**
- Venous insufficiency is a chronic and progressive disease with no cure, only treatment. We treat the veins that are refluxing (not moving blood correctly). Over time other veins in your body may stop functioning correctly and therefore require treatment as well. **We recommend annual follow ups for monitoring or to book an appointment should veins worsen.**