

## **WHAT TO DO AFTER HAVING YOUR VEINS TREATED:**

1. Your stocking should be worn continuously for the next 48 hours. These can then be removed and you may shower. The stockings alone, are then worn during the day and night for the next 5 days. You may remove the stockings to shower.
2. After the first week, the stockings need only be worn during the day for another 2 weeks. You can continue wearing the stockings for longer if you desire.
3. You will have an appointment for a follow up ultrasound scan at 1 week and 4 weeks after treatment, through Melbourne Vascular Imaging. These appointments will be on:
  - a) \_\_\_\_\_ AND
  - b)
4. You should expect mild to moderate discomfort requiring only paracetamol (Panadol) and/or ibuprofen (Nurofen, Act-3). If there is any additional pain that concerns you, please notify my rooms on (03) 9894-5886. You can alternate 2 tablets of Panadol with 2 tablets of Nurofen every 3 hours for ongoing pain relief. Let me know if you have pre-existing kidney or liver disease, or history of heartburn, reflux, or stomach ulcers. Topical anti-inflammatory gels such as Voltaren Gel, can also be effective.
5. It is normal for some swelling, lumpiness and tenderness to be associated with the treatment process. This is related to inflammation triggered by the trapped blood within the treated veins and occasionally this trapped blood can be removed by aspiration when you come for your follow-up ultrasound visit.
6. You should begin normal activities from the time of treatment and you should go for a 20-30 minute walk each day. Swimming with the stockings off is okay. More extensive exercise and running is acceptable depending on the degree of discomfort and pain you may be experiencing.
7. It is better to avoid any prolonged travel longer than 4-5 hours for 2 weeks after treatment. If you need to travel during this time please discuss the appropriate ways of preventing deep vein thrombosis with me.