



- **What to Expect:**
  - Some tenderness and mild-to-moderate pain are to be expected for 2-3 days after your procedure, depending on the size of the vein. These are usually not significant enough to prevent normal activities
  - A vein tightening/pulling sensation will be felt in the treated area about one week later
  - Some inflammation might occur if the treated vein runs close to the skin
  - Bruising will occur in the treated area, and will persist for several days
- **Pain and Discomfort** can be controlled using over-the-counter pain medications:
  - **Tylenol or Extra-Strength Tylenol** can be taken in 1-2 tablet doses every 4-6 hours to alleviate pain
  - **Arnika Forte tablets**, a special formulation of Arnica and Bromelain designed to help minimize bruising, inflammation and swelling in the post-operative period is recommended and available in our clinic.
  - **Avoid the Following Medications.** They are blood-thinners, and can lead to excessive bruising:
    - Aspirin
    - Nuprin
    - Ibuprofen (Advil)
- **Compression Stockings:**
  - Both stockings should be worn for the first 24-72 hours after operation, as advised
    - Remove one of these at night for sleeping
  - After that, one stocking should be worn during the daytime
    - This can be removed for sleeping or showering, as needed
  - Handle stockings with care to avoid damage
    - Purchase of new stockings might be necessary if they are damaged
  - **Avoid elevating your legs while wearing compression stockings**
- **When Legs Ache or Throb:**
  - Walking or leg exercise by moving your feet up and down will stimulate blood circulation and are advised to alleviate discomfort
- **For a week after your procedure:**
  - Walk several times per day
  - Avoid vigorous exercise, lifting over 15 pounds, and prolonged standing while motionless
  - Avoid air travel
    - Afterwards, compression stockings should be worn while flying, along with keeping legs and feet intermittently active.
- **To Avoid the Risk of Infection:**
  - Restrain from use of swimming pools, lakes, or any potentially contaminated bodies of water should be avoided until skin punctures from surgery are completely healed
  - Hot baths, hot tubs, and saunas should not be used for at least a month after your procedure
- **Showering** with lukewarm water is recommended for several weeks after your procedure
  - Hot water could cause dilation in veins, leading to worsening of effects

As with any procedure, other problems can develop.

**Contact a physician immediately if you experience any of the following:**

- Acute fever of 100 ° F (38 ° C)
- Difficulty breathing, shortness of breath, pain with breathing, or chest pain
- Severe or increasing pain in leg
- Persistent bleeding or excessive swelling in the leg
- Progressive area of redness, warmth
- Numbness in your foot or toes

**Please call our office with any questions or concerns: 847 518 9999**