

Pre/Post Instruction Leg Vein Treatment

Activity and Care of your legs:

Resume normal activity, vigorous activity is discouraged for 72 hours

Walking is encouraged, as this increases the flow. Please walk for 20 minutes a day for the next 5 days.

Please wear the support hose for at least 5 days elevate your legs for 3-5 minutes before putting your support hose on.

Caution when shaving your legs not to disrupt any healing.

Compression of the legs will accelerate healing, reduce swelling, and lessen discomfort

Keep legs out of sun without SPF 30 and zinc oxide for the next 6 months

Complications which may occur and what to do:

Blistering at the treatment sites, which can become open areas. These usually resolve in time. Use antibiotic ointment to these areas twice a day. This can be purchased over the counter at your drug store. Please call our office if blistering occurs.

Hyperpigmentation, a darkening of the skin, frequently occurs at injection sites. This gradually fades over a period of 12 to 18 months.

Tenderness and bruising may occur at injection sites. These will eventually disappear. These symptoms can usually be relieved with elevation of the legs. Use of a heating pad may also help, set at a low temperature setting to prevent burn.

A hard lump could form at the injection site. This may take 3 to 6 months to dissolve.