



VARICOSE TO PERFECT

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## POST-INJECTION ORDERS MEDICAL/VISUAL

To achieve optimum results, the following points will maximize your healing process:

- ✓ Wear loose clothing, slacks, or shorts to your injection sessions. Do not shave or apply lotion to your legs the morning before your injections. You may resume those the next day.
- ✓ The most important part of your treatment is the POST-INJECTION COMPRESSION. You will need to wear your medical compression (support) hose for 48 hours straight, except to shower; and then from the time you getup, until you go to bed for the rest of 3 -weeks from the date of your injections. We will be taping foam pads over the injection sites, and then placing your support hose over them. These will need to stay on under your support hose for about 24 hours. You may then take them off to shower. Resume wearing your hose immediately after the shower (unless you are going directly to bed). Sleep in your hose for 2 nights only.
- ✓ Take a 30 minute walk every day in your support hose. You can divide it into 2, 15- minute walks if you prefer. Strenuous activity should be avoided immediately after the treatment, for 2 days. Heavy weight lifting should be avoided for at least 2 weeks after each injection session. Consistent, daily exercise of the calf muscle by walking or using a stair master and the use of support hose may delay new varicose and spider vein formation.
- ✓ Avoid hot baths, hot showers, saunas, steam rooms or whirlpool type tubs during your initial healing phase, 2-3 weeks after each injection session.
- ✓ -If you need something for pain or discomfort, take Tylenol. Tylenol PM at night may be helpful if you have trouble falling asleep. No Aspirin (except prescribed baby aspirin), no Ibuprofen, or other over-the-counter anti-inflammatory medications (such as Aleve, Naprosyn, Advil, Motrin) for one week.
- ✓ Avoid taking Iron or Vitamin E supplements for 2 days before your injections, and for 2 weeks afterward.
- ✓ Bruising, lumps, and discolorations can occur after injections. These will resolve with time. If you experience pain, lumps, and/or redness after the first 5-10 days, call us to advise treatment. We may advise you to take anti-inflammatory medication such as Ibuprofen or Advil. The usual dose of Advil or Ibuprofen is 600-800 mg every 8 hours with food. We may schedule a follow-up visit (at no charge) to remove, or aspirate, the lumps. (These are caused by blood becoming trapped inside the vein as it is closing down. Removing it helps the vein heal faster, and can decrease staining that may occur).

**REMEMBER:** Treated veins always look worse before they look better. The veins may lighten gradually over several months. Good results are apparent after 2-5 sessions (the national average). Do not expect results after the first or second treatment. Most People will require 2 or more sessions.