



VARICOSE TO PERFECT

572 NORTH MAIN STREET
SPRINGBORO, OHIO 45066

PHONE: (937) 748-8905
TOLL FREE: (800) 716-VEIN
FAX: (937) 748-8906

POST-INJECTION ORDERS ULTRASOUND GUIDED INJECTIONS

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

- ✓ Bring 2 pairs of support hose with you to your injection sessions. Wear loose clothing, slacks, or shorts. Do not shave or apply lotion to your legs the morning before your injections. You may resume shaving the next day.
- ✓ The most important part of your treatment is the POST-INJECTION COMPRESSION. For the first 48 hours, you will wear 2 pairs of compression hose during the day. Sleep in one pair only, for 2 nights. You may shower as desired. After the first 48 hours of double hose, continue compression with one pair of support hose from morning until bedtime for the remainder of three weeks from the date of your injections. You may take them off to sleep starting the 3 night after injections.
- ✓ 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. Heavyweight lifting should be avoided for at least 2 weeks after each injection session. Avoid hot baths, hot showers, saunas, steam rooms or whirlpool type tubs during your initial healing phase, 2-3 weeks after each injection session.
(Consistent, daily exercise of the calf muscle by walking, using a stair master or other exercise and the use of support hose may delay new varicose and spider vein formation).
- ✓ 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. Do not expect results after the first or second treatment. Most people will require more than 2 sessions.